



Academic education

- **Diploma in Sport Science**
University of Hamburg
- **Diploma in Educational Science**
Helmut Schmidt University
- **Diploma in Tourism and Sport Management (IST)**
IST-Institute Dusseldorf
- **Minor in Psychology**
- **Human Resource Management**
- **Doctor in Sport Science**
magna cum laude (1.0)
 - **approx. 1200 ECTS credits**

Languages: German, English, Chinese

Sport qualifications, i.a.

- 3x **Club manager licenses B** from the DOSB for
 - Club development and marketing
 - Club leadership and employee development
 - Sports organization & club management
- **Branch management made easy B** LSB-NRW
- 8x **Prevention course trainer** (i.a. Nordic-Walking, Water aerobics, Spine gymnastics, Autogenic training and Progressive muscle relaxation)
- **Sports accident savior, First aid instructor**
- **Fitness master instructor** for Cardio fitness, Aerobics and Gymnastics
- **Fitness instructor B license** with integrated studio leader qualification
- Trainer for **Basketball, Athletics** and **Football youth leader**
- [...]



Sport awards, i.a.

- German sports badge 20 times gold *renewed 2020*
- Austrian sports badge 5 times advanced gold *renewed 2020*
- International Strenflex sports badge 3 times gold
- Nijmegen marching medal (200km) 2 times gold and 1 medal of honor
- DLV (German Athletics Association)
 - Power walking patch 5 times highest level *renewed 2020*
 - Nordic walking patch 5 times highest level *renewed 2020*
 - Running badge highest level, marathon
- German track and field badge 5 times silver *renewed 2020*
- Half marathon (14th place of the M45) *2019*
- German rescue swimming badge gold
- [...]



Sport work experience, i.a.

- **Trainer in gyms and sports clubs since 1990**
- **Head coach and personal trainer since 1997**
Personal trainer for VIPs and professional athletes from national up to Olympia
- **Club manager**
- **Business consulting service** for sport clubs/associations
- **Instructor and examiners** in the coach education, i.a.
 - Basic football coach training (lecturer and course management)
 - Head of Training in the personal trainer licence education



German Olympic Sports Federation DOSB

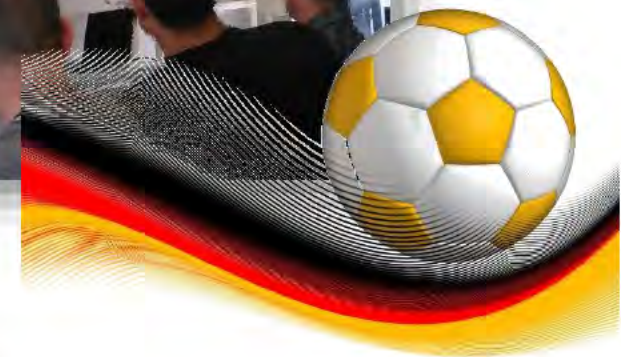
German Sports Badge



DEUTSCHES
SPORTABZEICHEN



Examiner
for 25 years!



Business work experience, i.a.

- **District manager / Regional sales manager** (for Germany's largest discount supermarket chains Lidl and Aldi)
- **Chief representative / Head of expansion** (event company)
- **Editor-in-chief** and head of health resort (own weekly health column, about 150,000 readers per issue)
- **CEO** of a Business and sales consulting (i.a. import trade and China business coaching)
- **CEO** of a Personal training company (education and franchise)
- **CEO** of a publishing company (i.a. own health magazine)
- **Professor** for fitness management, business management and change management



International guest lecturer, i.a.

- Tsinghua University (THU), Běijīng, China, Division of sports science and physical education **Tsinghua**
- Shanxi University of finance and economics (SXUFE), Tàiyuán, <http://news.sxufe.edu.cn/info/1002/5021.htm>
- Shandong Agricultural University (SDAU), Tai'an, China, Lecture for turnaround management

