



# RÜDIGER BÖHM

## PERSONALITY, SUCCESS, SPORT

Rüdiger Böhm is pure motivation! The keynote speaker, coach and author impresses his audiences with his extraordinary life story. He knows what it means when everything in life changes in the blink of an eye. A top athlete, he lost both legs and nearly his life in a tragic traffic accident just one day before his 27th birthday. This was followed by 30 days in a coma, 30 weeks in hospital and months of struggle to get back to a new life without legs. With a strong will, a lot of courage and clear decisions, he overcame this nightmare and became a successful expert in crisis management.

CHANGE MANAGEMENT LEADERSHIP MOTIVATION OBJECTIVES CHANGE  
RESILIENCE HEALTH TEAM TRANSFORMATION TEAM BUILDING  
INCLUSION HANDICAP/DISABILITY OVERCOMING BOUNDARIES

## LECTURES

### Change 4.0

#### Being successful in the digital transformation age

- What is really necessary to master even extreme changes BOLDLY and SUCCESSFULLY?

### Sexy objectives

- What OBJECTIVES make of you & you need to achieve them with ENTHUSIASM & EASE?

### Boost your team

#### Leading successfully with respect & passion

- What is necessary to develop SUCCESSFUL TEAMS and establish them sustainably at the TOP?

### Phenomen(t)ally successful

#### Victory or defeat – your mindset decides which

- How does the way we think work and how do you have to change your mindset so that you, too, can become PHENOMEN(T)ALLY SUCCESSFUL?

### Fit through the crisis

#### Resilience – the key in turbulent times

- What does practised RESILIENCE mean and what is needed to remain resilient, fit & agile and therefore HEALTHY and ABLE TO PERFORM even in TIMES OF CRISIS?

## SEMINARS / COACHING

### Tailor-made for your success

With his experience, Rüdiger Böhm is exactly the right coach for your change. He knows from his own experience what is really needed to successfully overcome even drastic crises. He knows the „right“ MINDSET for satisfaction, happiness and personal success.

Benefit from his phenomenal wealth of experience combined with an extraordinary life story, honed and refined with many high-quality coaching sessions. Use this knowledge – like many other successful people before you – to achieve your own visions and goals.

All the seminars & coaching sessions are individually tailored to the client's needs and current challenges. Take a quick look at the contents of the talks offered to get an overview of the topics available.

## INFORMATION

**Fees:** on request

**Travel expenses from/to:** Zurich (CH)

**Languages:**  

- Individual content customisation possible
- Handout/further documents

## FORMATS

- Lecture
- Interview
- Seminar
- Consulting
- Talk/discussion
- Moderation
- (One-to-one) Coaching
- Online/Web based



## ADVICE / CONSULTANCY

On request

## SPECIAL TOPICS

### GP Challenge 2020 - no legs no limits! THE SAILING CHALLENGE

In the summer of 2020, Böhm and Lars Kyprian will start their next extraordinary challenge in Tarifa (Atlantic Ocean). In about 30 days, they want to sail their catamaran over the Mediterranean Sea from Gibraltar along the European coast to Palermo to show what is possible if everybody is willing to give their all.

### Charity Sport Events by Rüdiger Böhm

With CHARITY SPORT EVENTS, Böhm says ‚thank you‘ for the great support he received from all sides in the initial period after his accident. Together with the support of participants and sponsors, he collects donations for a GOOD PURPOSE at his projects and events. The proceeds are used to fund various social purposes, which are defined in detail for each project. „Let us share the joy of doing sport together, let us MAKE A DIFFERENCE and do some GOOD in the process!

## FACTS, FIGURES AND DATA

### YOU HAVE TO FIGHT! – Prize 2018

In the summer of 2018, Böhm received the „YOU HAVE TO FIGHT“ Prize of the „Du musst kämpfen“ („You Have to Fight“) foundation for people who have successfully mastered a difficult blow of fate without losing their zest for life, humour and willingness to help others.

### Follow the river – 2 men, 2 legs, 2000 km

In the summer of 2017, Böhm launched a project that had never been seen before. Together with Dominic Klay, he kayaked over 1,250 km down the Aare and Rhine rivers from Meiringen (CH) to Rotterdam (NL) and then cycled 1,000 km along the road back to Thun (CH) by hand bike.

### TARA – Award 2016

In 2016, Böhm received the Tara Award from the „Life Goes On“ foundation. It is an award for people who, despite a blow of fate, have not only mastered their lives, but have achieved extraordinary things.

## REFERENCES

### Germany

Basler Versicherungsgesellschaft, Deutsche Telekom, DVAG - Deutsche Vermögensberatung, EnBW - Energie Baden-Württemberg, Grundfos, Kramp, NAYOKI, PSK Bank, Telefonica | 02, Weber Ultrasonics

### Austria

BauMit, Relax, Tyrol Chamber of Commerce, Janssen-Cilag

### Switzerland

active communications, Adecco Group, AXA Insurance Company, Elita.ch, Gesundheitszentrum Dielsdorf, Helsana Insurance, HSO Business School, Intersport Schweiz, Raiffeisen Centre for Entrepreneurs, Schweizerische Turnverband, SUVA Insurance, Sunrise, Swisscom, Valser Service

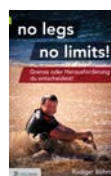
## CONTACT: PREMIUM LEADERS MANAGEMENT



### Alexander Schungl, CEO & Founder

Premium Leaders Management  
by Premium Leaders Club  
Mobile: +49 (0)179 45 16 375  
management@premium-leaders.club

## MEDIA



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