



# MARC GIRARDELLI

## SPORT, HEALTH, SUCCESS

He is one of the most successful alpine ski racers of all time, a world star and sports icon with cult status: Marc Girardelli. At the age of 14 he skied in his first FIS race for Luxembourg, in 1997 he announced his retirement. He accomplished what professional racers dream of: 5 x Ski World Cup overall winner, 11 World Cup medals, 46 x individual victories and two Olympic medals – despite a fall that left him a 15% invalid, earning almost all of his victories after the accident. Giving up was never an option. His trademark: his unique will. He is also successful as an entrepreneur: with event management, his ski clothing line and the participation in the ski resort Bansko. He is also successful as a consultant, helping companies achieve top performance. Marc Girardelli captivates his audience with his humorous lectures on the secrets of ski racing. Which he also links to crime stories in his books. World champion ski thrillers in which he combines autobiography with crime fiction. His ski incentives are also great fun

- CHANGE
- MOTIVATION
- PERSONALITY
- RESILIENCE
- HEALTH
- ECONOMY
- SKI
- CREATIVITY
- NUTRITION
- TEAMBUILDING
- FEAR MANAGEMENT
- WINTER SPORTS
- WORLD CUP

## LECTURES

### Experiences at the limit – how to achieve any goal with mental strength

Marc Girardelli has an iron will. His motto has always been: if you really want it, you can achieve anything even under the most adverse conditions. His unique life story and his sporting successes are the best proof of this. In his lectures he shows entrepreneurs how they can achieve anything with mental strength, in a vivid and humorous way.

### Your weaker self is not in charge – making self-motivation work

There's a Mexican saying: „A good resolution is like an old horse, which is often saddled but rarely ridden.“ Namely, when your weaker self gets the upper hand again. But it doesn't have to be that way. Marc Girardelli, the epitome of self-motivation, shows how it is done in his lectures.

### Top-class sport and entrepreneurship – more parallels than expected

As a top athlete, you have to constantly break new ground, experiment and gain new experiences. This inevitably leads to failures. But for exceptional ski racer Marc Girardelli, it is precisely these failures that are so useful. In this lecture you will learn how to successfully plan and implement stage goals, analyse mistakes, recognise weaknesses, strengthen strengths and overcome defeats.

## SEMINARS / COACHING

### The three keys to success

Mental strength, flexibility and stamina. These are the keys to success. In top-class sport, but also in business life. Only those who take a new path when the old one no longer works will succeed. Marc Girardelli shows you how to do this in his seminars and coaching sessions. Whether as a group seminar or in individual coaching.

### The power of emotions – why gut feeling is so important

„If you only work rationally on a goal, you're not really good. Emotions are important to be able to put in an excessive effort over a long period of time,“ Marc Girardelli once said. He should know. Emotions are the true key to success in top-class sport. Learn why it ultimately comes down to gut instinct and how you can use your emotions to achieve your goals.

## INFORMATION

**Fees:** on request

**Travel expenses from/to location:** St. Gallen (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 / CONSULTING

### Fearless through life

Almost everyone is afraid of something. A feeling that professional racer Marc Girardelli is also familiar with: „Anyone who says they can ski down a hill at 140 km/h and not be afraid is lying.“ Learn how to overcome fear, develop a healthy willingness to take risks and motivate yourself to achieve high performance.

### From average to top manager

If you want to reach the top in your field, you have to perform at the highest level. But this requires constant self-motivation. Marc Girardelli - the master of self-motivation - shows you how it's done.

## SPECIAL TOPICS

### Skiing meets thriller – a reading with Marc Girardelli

What do death and inheritance, global warming and doping have to do with each other? These themes have been interwoven with facts about professional skiing to create gripping crime stories and have been published as Ski World Cup crime novels: the books by Marc Girardelli, which he wrote together with Michaela Grünig. In a reading he presents some excerpts.

### The flair of the Hahnenkamm Race – the special event for customers and employees

Are you looking for a special event for employees or customers? Do you want to experience the ski circus up close? Preferably with the best ski racer of all time? With Marc Girardelli you have exactly that opportunity. Including skiing together, dinner & shopping, Hahnenkamm race in the VIP corner and a private party.

### Heliskiing in the Caucasus or ski and fun days in Tyrol

Are you looking for that special event for employees or customers? How about heliskiing in the Caucasus or skiing days in Tyrol - with none other than skiing icon Marc Girardelli? Including ski course, technical training, relaxation and dinner together.

## NUMBERS, DATA AND FACTS

- **Winter Olympics**
  - 2 x silver (1992)
- **Alpine World Ski Championships**
  - 4 x gold (1987, 1989, 1991, 1996)
  - 4x silver (1985, 1987, 1987, 1993)
  - 3 x bronze (1985, 1989, 1993)
- **Individual World Cup debut:** 26. February 1980
- **Individual World Cup wins:** 46
- **Overall World Cup:** 1st Place (1984/85, 1985/86, 1988/89, 1990/91, 1992/93)
- **Downhill World Cup:** 1st Place (1988/89, 1993/94)
- **Super G World Cup:** 2nd Place (1986/87, 1991/92, 1993/94)
- **Giant Slalom World Cup:** 1st Place (1984/85)
- **Slalom World Cup:** 1st Place (1983/84, 1984/85, 1990/91)
- **Combination World Cup:** 1st Place (1988/98, 1990/91, 1992/93, 1994/95)
- **Podium finishes**
  - 46 x 1st Place
  - 28 x 2nd Place
  - 26 x 3rd Place

## REFERENCES

Henkel AG, J.P. Morgan (Suisse) SA, Brenntag Wien, Remax Schweiz, OMV, BAWAG P.S.K., Hoteldirektorenvereinigung Deutschland e. V., IMF Brixen (Intern Mountain summit), DVAG (mehrfach), Universität Bocconi Mailand, Bundestagung der Jungen Wirtschaft, Junge Industrie Vorarlberg, EnBW, EASM Jahreskonferenz, The London Speaker Bureau, Blach Report, University of Zurich, MMP Workshop mit Marc, Hotelvereinigung Oberstdorf, Lions Club Appenzell, Lions Club Rheintal, Wirtschaftsjuvenoren Passau, IHK St. Gallen, Vail Classics, BMW Appenzell, Rotaryclub Dornbirn, MLP, „Bocconi Universität“ Mailand, Deutsche Bank, Basler Versicherung

### Press:

Marc Girardelli: „Loyalty is the most important thing.“  
Corinne Päper, HR Today No. 6/2019: Teamwork

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## MEDIA

