



Expert on Sport Psychology and Health Psychology

Prof. Dr. Jan Mayer has been shaping sports psychology in Germany for more than 20 years, making him a pioneer in his field. The expert in the field of sports and health psychology coaches and supervises high-performance athletes from all fields, is the founder and director of various institutes as well as a professor and lecturer at several universities.

After successfully completing his sports science studies at the Ruprecht-Karls University of Heidelberg in 1999, Jan Mayer (*1972) received his doctorate in 2001 from the Faculty of Social and Behavioural Sciences at the Ruprecht-Karls University of Heidelberg under Prof. Dr. Hans Eberspächer. In 2004, he completed his studies in psychology with a diploma.

From 2006 to 2008, Jan Mayer was a professor at the University of Applied Sciences in Erding. He then held a professorship at the University of Applied Sciences for Health and Sport in Berlin until 2010. From 2010 to 2016, he taught as a professor at the German University of Applied Sciences for Prevention and Health Management in Saarbrücken, where he has been an honorary professor since 2016.

Since 1999, Jan Mayer has been working as a freelance sports psychology coach for high-performance athletes, including, for example, the Adler Mannheim ice hockey team and the Nordic Combined national team. In the course of his career, he has worked, among other things, as a freelance scientific assistant at the Medical Park Chemiesee, managed the science and research department of the Simssee Clinic and worked at the Bavarian Olympic Training Centre. Since 2005 he has been working as a sports psychologist at the Olympic Training Centre Rhine-Neckar and since 2007 he has been a partner and managing director of the Institute Coaching Competence Cooperation Rhine-Neckar. In 2008, he became a sports psychologist at TSG Hoffenheim, where he took over the management of the newly founded TSG ResearchLab gGmbH in 2019. In 2021, Jan Mayer has joined the club's management board, where he is primarily dedicated to the topics of innovation and science as well as corporate development.

In addition to sport psychology and training theory, Jan Mayer's areas of expertise are health psychology and sport in the field of rehabilitation and prevention, on which he has already written numerous publications.

The renowned and visionary sports psychologist has been a guest speaker for many years. In his instructive and lively lectures, he provides insights into his work with top athletes and shows, how mental training, dealing with stress as well as team building and performance improvement can also be applied in everyday professional life.

Topics (Selection):

- How to cope with stressful situations
- Lessons from competitive athletes
- Leadership Lessons from Elite Sports
- Things that make a team work