

## Dr. MARCO VON MÜNCHHAUSEN



### Expert on Work-Life-Balance

The topics that bestselling author Dr. Marco von Münchhausen addresses are motivation, self-management and work-life balance. His books sold more than half a million copies and have been translated into more than 12 languages. For many years he has been investigating the question of how people can recharge their batteries and he has compiled methods that work independently of ideological confessions.

Dr. Marco Freiherr von Münchhausen (\*1956) holds a doctorate in law and is an entrepreneur. He studied law, psychology and communication sciences in Munich, Geneva and Florence, obtained his doctorate at the Max Planck Institute in Munich, was admitted to the bar and has become known as head of a nationwide legal training institute. At the same time he has become popular as publisher of innovative learning materials. Gradually, he has shifted his activities away from legal and towards psychology.

He works as a lecturer and personality coach. His lectures and seminars as well as his publications deal with work-life balance, self-motivation and stress and self-management in everyday life. Münchhausen had his international breakthrough in 2002 with his bestseller "So zähmen Sie Ihren inneren Schweinehund". In the same year he was named Trainer of the Year and in 2005 received the Excellence Award 2005 for outstanding achievements as a speaker. In 2007 and 2010 he received the Conga Award for his achievements as a speaker.

Marco von Münchhausen is regarded as one of the most renowned speakers and trainers in Central Europe. His aim is to communicate how goals and visions can be implemented in practical everyday life. In addition he offers concrete contents in his seminars and lectures instead of pure show. Von Münchhausen shows ways of effective self-motivation and how the biggest obstacle on the way to success is your weaker self and how it can be defeated.