



JOURNEY

Born on April 17, 1980 in Switzerland
Raised in Romanshorn on Lake Constance
World-class sprint kayaker
Physical Therapist
International Keynote Speaker
Certified High Performance Coach
Strategic Intervention Coach

LANGUAGES

German
English (fluent)
French (conversational)
Romanian (conversational)

COACHING

Lukas Tobler has been working as a coach for over 10 years, helping employees, entrepreneurs, self-employed individuals, executives, and athletes achieve more success and fulfillment in life. As a coach, he is known for bringing about profound changes. Lukas not only helps his clients gain deep confidence in themselves but also supports them in handling stress and challenges with composure and being persuasive without fighting or compromising themselves. His proven approach is based on several steps that enable overcoming hidden barriers and realizing goals and visions. **His mission is to empower ambitious women in leadership positions.**

BOOKS

„Überwinde deine Grenzen“
„In dir steckt Grossartigkeit“
„Die Kraft der Emotionen“
„Unsichtbare Barrieren“ *

*will be published in English

CONTACT

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Lukas Tobler is a former Swiss elite athlete, author, keynote speaker, coach, and mental trainer. Through his work, he enables primarily, but not exclusively, female leaders to gain deep trust in themselves, handle challenges with composure, and be persuasive without compromising themselves. To date, he has helped over 10,000 people worldwide achieve greater awareness and self-confidence, leading to more success and fulfillment in life. **Over the past 15 years, Lukas has developed a profound understanding of the human psyche and teaches groundbreaking content and powerful practical approaches.**

PERSONAL BELIEFS

Lukas Tobler believes that human potential offers much more than most people are aware of. His approaches go beyond traditional models of mental and motivational training. Lukas bridges the gap between motivation, awareness, and physical, emotional, and mental performance. He focuses on consciousness, where many do not venture: because even the best strategies are only as good as a person's consciousness. **As a keynote speaker, he is described as humorous, clear, and authentic, inspiring his audience through his engaging and warm manner to overcome their fears and doubts, and to muster the courage to live the best version of themselves.**