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INTRODUCTION

Born in South Africa, I grew up in a mountain region called Appenzell in the German part of Switzerland. I have been a skier since I was two years old and entered the first ski-race competition at the age of four. Since then I have trained and competed in regional leagues and professionally in: skiing, snowboarding, wakeboarding and in-line skating. In 2000 I became finalist in the legendary international adventure competition the "CAMEL TROPHY" – also called "The Olympics of 4x4"!

I have also been a professional Ballet dancer and completed yoga instructor training and started my own yoga group in Qatar in 2012, which helped me physically as well as mentally to align my body & spirit. Together with a healthy lifestyle, this is my source of power to reach my goals in sports and my business career.

OBJECTIVES

To share my knowledge, skills and experiences to train the new generation to reach their highest potential!

I believe that talent needs to be recognized at a very early age and nurtured through self-awareness, consistency, training, discipline, creative authority and a splash of inspiration!

EXPERIENCE

Yoga Instructor/ Coach

June 2012/present

- Founded "Yoga Underground Qatar" teaching the public of Doha the basic knowledge and techniques of Yoga practice:
<http://www.facebook.com/groups/yogaQTR/>
- Mentoring and coaching advice for local athletes
- Sponsors: Eco Chic Yoga

Ski Race Team Coach | Sundance Ski Resort Utah, USA

November 20011/January 2012

- Coaching the race team in technique, methodology and race techniques to advance them to the national USA ski team.
- Skiing and snowboard instructions to adults as well as children in any level of skiing and riding experience.
- Sponsors: Rossignol

Camel Trophy | International Adventure Competition

March/April 2000

- I made it through the selection of 3500 applicants to the last 12 and became part of the Swiss Camel Trophy Team
- We competed stamina, strength, coordination and team work in following sports: running, swimming, diving, biking, 4 wheel driving, climbing, wakeboarding, wind surfing and boat racing.
- Competitions were held in Cabo Verde, West Africa and published by news media and TV
- Sponsors: Camel, Bausch & Lomb, PADI

Wakeboard Competitor

Seasons 1997-2001

- Regio Cups (Regional competitions in Switzerland during summer months)
- European Pro Tour
- Regio Cups Judge
- Sponsors: Nestle, O'Neill, Adidas, Neilpryde

Snowboard Competitor

Seasons 1996-2000

- Regio Cups (Regional competitions in Switzerland during winter months)
- Sponsors: NITRO, Adidas

Snowboard Instructor | Skischule Flims, Switzerland

Seasons 1996-2000

- Instruction and teaching snowboarding to VIP and private clients
- Taught in more than 4 languages
- Training of newest techniques: alpine and free style
- Support clients with the gear, transportation, refreshments and regional events
- Sponsors: Burton, Bollé, Flims Laax Falera ski resort

Ski Competitor

Seasons 1980-1994

- Competed Regional ski competitions
- Trained 6 years (summer season weekly and in winter season 3 times a week) with the regional Swiss ski team
- Participated in yearly pre-season training camp
- Volunteered at yearly fundraiser event
- Sponsors: Youth & Sport organization (J&S)

SKILLS

- | | |
|-----------------------------|--|
| ▪ Coaching | ▪ Physical Training |
| ▪ Competing & Race Strategy | ▪ Endurance Training (Insanity/Asylum) |
| ▪ Material Evaluation | ▪ Yoga Instructor |
| ▪ Technical Preparation | ▪ Mental Coaching |
| ▪ Mentoring | ▪ Inspirational Speaker |

SPORTS

- | | |
|----------------|-------------------|
| ▪ 4x4 Driving | ▪ Kite Surfing |
| ▪ Wakeboarding | ▪ In-line Skating |
| ▪ Snowboarding | ▪ Ballet Dancing |
| ▪ Skiing | ▪ Salsa/Bachata |
| ▪ Flying | ▪ Climbing |
| ▪ Yoga | ▪ Swimming |
| ▪ Biking | ▪ Diving |