

# FALKO KRISMAYR

Keynote-  
Speaker





**"It's about making  
the athletes and  
partners so strong  
that they don't  
need me anymore."**

FALKO KRISMAYR





EQ OLOGY

Rapha.



# JUMP UP!

If you jump! I make you fly.

Speaker, athlete and network marketing expert with over 20 years of experience.

With a lot of passion for sports and success, Falko Krismayr took the plunge into self-employment after his active professional career as a ski jumper and made his idea of a free, self-determined life fly.



# MOTIVATION

Youthful recklessness got in the way. I forgot to set new goals after the greatest success. Then the drive was gone.

Particularly as an athlete, you have to overcome your pigskin every day and stay motivated. As a trainer, you benefit a lot if you've been in this situation yourself for years.





LIMONADE  
WEIN / BIER / WITTEB  
SPIRITUOSE  
TAGE  
FLAMMIGER 4,90

**"Growth happens  
in the breaks."**

FALKO KRISMAYR







# ROUTINES

Routines change lives. Very conscious routines are important to achieve a certain result. Often we are not even aware of what we do routinely anyway. If you want to achieve targeted success, the first step is to question your own routines.

Repetition, routines, consistency. This is the key to sustainable success.

# NUTRITION

Everything used to be different.  
But not always better.  
Nutrition is now an important component of training theory in sports.  
It is important to talk about nutrition around training.

The goal is always: balance, recovery and the best possible for the body.



**"The rules are the rules. Just wanting to change the rules is the wrong way. You have to work on your weak points."**

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# Keynotes

## MY STRATEGY: A SYSTEM FOR SUCCESS

What is success to you? How do you become successful according to your own standards? I'm ready to share my own personal strategy and systematic approach to achieving your life goals.

## HIGH-LEVEL NUTRITION

"You are what you eat." We've all heard this phrase before. In High-Level Nutrition, I'll share my own experience of how and what we eat influences our health, our daily performance, and ultimately our success.

## LEADERSHIP: WHAT ABOUT IT?

When are you a leader? Is it when you're ready to manage a highperformance team? Or is there more to it? Learn more about how I trained athletes to become world champions, Olympic champions, and humans living with freedom of choice.



# TECHNICAL

Powerful projector with  
HDMI connection

Screen, Canvas

\*PC audio connection  
from laptop to sound  
system for playing videos

Laptop will be brought by  
Falko Krismayr

# DEAL

All presentations are  
bookable in German and  
English. Price for impulse  
lectures negotiable.

Travel and hotel costs  
are charged extra. Travel  
costs can also be lump-  
sum by arrangement.

# Jump Up!

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