

LENA BIENEMANN

Sport Psychologist & Systemic Coach



Mental strength can be developed. I help people stay clear, confident and connected to what matters most – in sport, work & life.

Services (German & English | Online & In-person):

Systemic Coaching	Workshops
for life & career transitions Career & job coaching • Change & decision-making • Personal development & balance • Coping with stress & transitions • Self awareness Goal: Clarity, resilience & sustainable growth	for teams & groups Motivation & goal setting • Pressure, stress & competition anxiety • Focus & concentration • Communication & team dynamics Goal: Stronger mental skills & team performance
1:1 Sport Psychology Consultation	About me / Qualifications
for professional & amateur athletes Motivation & goal-Setting • Injury recovery & return to competition • Competition Anxiety & Performance Pressure • Coping with mistakes & setbacks • Decision-Making & Career Transitions • Stress & Recovery Management Goal: Unlock performance & well-being	I support people in developing mental strength, clarity, and sustainable growth — in sport, at work, and through life's transitions. By combining evidence-based sport psychology with a holistic perspective, I focus on the person behind every challenge. Systemic Coach (AZAV) Sport Psychologist (asp) M.Sc. Applied Sports Psychology B.A. Sports Science, Health & Therapy

Let's work together! I look forward to hearing from you:

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