

Henning Thrien

Sport Psychologist

- 35 years old (01/29/88)
- From Leipzig, Germany
- Married with two kids
- Former NCAA athlete (Tennis) 2008-2011
- Graduated at Western New Mexico University with a Bachelors degree in Psychology, 2011
- Graduated at MLU Halle-Wittenberg (Germany) with a Masters degree in Applied Sports Psychology, 2014
- Enjoy running, playing Golf, spending time with my family and traveling the world



Henning Thrien

Sport Psychologist



- Started to work in the field of competitive sports In 2012
- Worked at RB Leipzig (German First Division Soccer Club) for three years
- Founded my own Start-Up in 2018 (mentaltastic) → providing athletes with individual and specific mental support
- Became Team Psychologist at Bora Hansgrohe (World Tours Cycling Team in 2019)
- Worked for 3,5 years as Team Psychologist for SC DHFK Leipzig (German First Division Handball Club)

Henning Thrien

Sport Psychologist

- Head psychologist at Olympic Center in Frankfurt, Germany; coaching various Olympians and Elite Youth Athletes from different sports (Long Jump, Heptathlon, Decathlon, Hurdle Sprint, Pole Vault, Middle Distance Running, Triathlon, Tennis, Golf, Handball, ...)
- Started working with OAC Europe in October of 2022
- When I think about sports psychology:
 - Is built on mutual trust
 - Requires honesty and leaving the comfort zone
 - Acknowledges the human being behind the athlete
 - Based on reflecting own actions and thoughts to get to the point of wanting to change things for the better
 - Can actually be fun

