



Arne Nielsson

10 times World Champion in one man and two men canoeing and today director in FOQUS Management A/

The speech “The Will to Win”

Arne Nielsson puts:

- focus on training mentality, in which he highlights the analogy between the world of sports and your life. This talk makes you experience the value of this connection. Only conscious training will get you the results you want
- focus on coaching and on how you can help yourself and other to accomplish more and thus improve your quality of life
- focus on identifying the rules you want to play by, so that you are in the game to win and to make your days even better
- focus on setting out future and attractive goals - Arne Nielsson calls this mindset to be proactive. Proactive people create and influence the future. We will be a part of the future, so we might as well take part in creating it
- focus on the mental development and the inner dialogue. What is the inner dialogue and how do we control it. Arne Nielsson shows you how to motivate and confine yourself and others to think only positive thoughts and make the world of opportunities your own

Arne Nielsson also touches on subjects such as Janteloven, i.e. the Danish “who-do-you-think-you-are” attitude, self-confidence and consciousness in terms of creating our own image. Furthermore, in order to involve and activate all participants two brief exercises are included

Duration: approx 1½ - 2 hrs

Arne Nielsson – career path

Active sports career – canoe

- 10 times World Champion
- 1 Olympic Silver Medal
- 73 times Danish Champion

Business career

- Director of Cultivator Coaching
- Director and owner of FOQUS Management A/S (speaker for more than 150.000 participants)
- Author: “Viljen til sejr” (The Will to Win) – Bestseller
“Din teenager skal coaches – ikke opdrages” (Coach your teenager – stop raising by normal means)

Particular education

- Certified Kognitiv Coach

Board Member at

- Handstep A/S

