



JURAJ GUBI

Contact person

Juraj Gubi has over 20 years of experience as a mental trainer and coach for stress management and health optimization.

His in-depth knowledge is based on his studies of sports science at the universities in Darmstadt and Bratislava as well as his numerous training and further education courses in the field of mental training with well-known personalities, including Kurt Tepperwein.

Juraj is also a qualified nutritionist and movement analyst (Dr. Marquardt) and holds the APL® Practitioner Certificate for Holistic Personality Development (Dr. Dahlke) and the MSA® Analyst Certificate.

His broad expertise and diverse qualifications enable Juraj to develop individual solutions for his clients and accompany them on their path to personal growth and success. His guiding principle is: "Not faster, higher and further, but more conscious, more relaxed and more mindful." This philosophy shapes his work, as he attaches particular importance to ensuring that his clients not only achieve their goals, but do so in a conscious and sustainable way. Promoting inner balance is at the heart of his coaching and training sessions.

With his many years of experience and commitment, Juraj is a sought-after expert in the field of mental training and stress management.



JURAJ GUBI

Senior Consultant

t + 49 611 4503130-0

m + 49 172 4100864

juraj.gubi@permitto-analytics.com