



Jeannine Gmelin

Trainer and Coach

Empowering people and supporting them in unfolding their potential - individually or as a team - is my passion. My goal is true fulfillment, deep quality of life, and sustainable results. I aim to inspire and spark impulses that shift people from wishful thinking to purposeful action.

Short profile

I unite two worlds within me: the uncompromising clarity and pragmatism of high-performance sports, and the profound, gentle introspection of personal development. My expertise from over 20 successful years in elite sports lies in the areas of self-leadership, resilience & adaptability, inner clarity, mindset & lived values.

Key activities

Self-Leadership & Inner Clarity: Guiding individuals to lead themselves consciously, courageously, and clearly - especially in challenging times. **Resilience & Adaptability:** Embodying inner strength - by focusing on available resources and what is truly within one's control. **Values-Based Leadership:** Cultivating a mindset that sustains - for authentic, impactful leadership and genuine connection. **Navigating Change:** Creating spaces for inner realignment, purpose-driven direction, and lasting personal growth.

Qualifications and Track Record

Commercial apprenticeship (services & administration, profile E), certified Integral Coach, J+S (Youth + Sport) instructor, most successful Swiss female rower and two-time Olympian, World & European Champion, World Cup overall winner, Co-President of the Swiss Olympic Athletes' Commission, Executive Board Member of Swiss Olympic.

My commercial background gives me all-round competence; elite sport has provided me with deep knowledge in strategy, goal setting, performance, teamwork, and self-leadership. As Co-President of the Athletes' Commission and Executive Board Member at Swiss Olympic, I actively shape leadership at a systemic level. I combine practical experience with introspective depth – and understand what transformation, sustainable development, and performance truly mean: in sport, in systems, and in people.

Languages

Englisch, German, French

Industry expertise

Cross-industry expertise and experience