



DIRK STRODA

Life Coaching + Retreats

ABOUT DIRK STRODA

Dirk Stroda started his professional career as a massage therapist and physiotherapist, trained and certified in Germany. He became the medical coach for several National Sport Federations and Pro teams and co-founded one of Germany's most advanced and prestigious sports and orthopedic rehab clinic in 1996. Amateur and Pro athletes as well as celebrities from all over Europe were part of Dirk's clientele. His athletes and teams competed at 15 Olympic Games and countless National and World Championships. He is currently working with several athletes in their pursuit of qualifying for the Summer and Paralympics in Paris, France in 2024.

He co-authored a well-recognized medical research paper, lectured all over the world (Europe, Australia and North America), is author of several publications (eBooks and hard cover books) and published the world-wide first functional training video that greatly influenced the physical training in golf.

Dirk moved to Canada in 2002 and focused on the mental aspect in high performance sport and advanced quickly to become the mental performance coach for several of Canada's National teams, amateur and pro athletes that competed at the Olympics, World- and PanAm Games and countless National Championships. Business celebs, artists and entrepreneurs and people of all walks of life that are looking for empowerment, transformation, healing and change in their busy lifestyle are Dirk's clientele.

His holistic private 1-1 retreat program truly combines the physical, mental and emotional aspects of his professional career for the benefit of his clients. He is excited to welcome you at his retreat in British Columbia, Canada where individuals can transform, heal and gain clarity about their innate talents and purpose in life.

Dirk coaches individuals from 15 years of age upwards. The retreat program is only offered in a one-to-one format and upon consent the main person can bring a companion or friend.

Dirk conducts 1-1 online mental performance and life coaching sessions for over 20 years.



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