

Erik Bertrand Larssen

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Erik Bertrand Larssen is a performance consultant who energizes people to think differently, embrace what he calls " emotional contrasts, " and make small adjustments to their daily actions to experience a successful career and happier life. He is the creator of The Bertrand Method.

Erik Bertrand Larssen (Author of Hell Week)
Erik Bertrand Larssen has also worked as a mental coach for several years. Both the business and athletic industry have used his knowledge and skills to improve performance in their personal and professional life. He was the mental coach for the national skiing team at the world championship in Oslo in 2011.

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Erik Bertrand Larssen is a performance consultant who energizes people into successful careers and happier lives. After serving with the military as a paratrooper, he worked in the telecom industry, moved into headhunting and then started mental and career coaching.

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