



# LORRAINE HUBER

[Lorraine Huber](#), MS, is a professional skier, freeride world champion, and certified mental coach. She combines 13 years as a high-level athlete with her coaching education to help businesses and individuals achieve their goals, perform under pressure, and become leaders.

Lorraine was featured in the book *Limit Skills*, where she described her use of Flow psychology to become a world champion, and appeared on *The Winning Mentality*. She holds a master's degree in mental coaching from the University of Salzburg and has given mental strength workshops for The Flow Centre, Omicron, and the Sportsymposium Vorarlberg.

Lorraine is also a fully certified ski instructor and guide. Every year, she hosts the wildly successful "Women's Progression Days", helping hundreds hone their ski technique and confidence off-piste. She is an ambassador for Audi, Spyder Active Sports and Scott Sports. In 2017, she was awarded Sportswoman of the Year in her home state of Vorarlberg, Austria.

Lorraine lives in Lech am Arlberg, Austria, and San Diego, California.