



Thomas Reformat - Bio

Dipl. Psychologist and Physiotherapist
Co-founder at froach.de
Co-founder at relax Gesundheitsmanagement

Graduated as a psychologist and trained physiotherapist. Founded his first company in 2001 and looks back on more than 20 years of experience in workplace health management. With a passion for preventive health promotion and additional qualifications such as trainer for preventive back training, stress management, autogenic training, progressive muscle relaxation as well as ergonomics. Special interest in the connection between physical, mental and social processes. Co-founder at froach.de.

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