

Mental Training – Success Begins in the Mind

For decades mental training was almost only known from top-class sports because it is in the mind where athletes who are otherwise absolutely equal in ability often face each other in competitions. It often comes down to who ultimately has the strongest nerves. In times of increasing strain, stress and burnout, mental training is now attracting more and more attention. Whether it's about keeping calm in stressful situations, achieving goals efficiently, solving problems successfully and mastering change processes: Mental training offers the specific “tools” for this. The desire for relaxation, deceleration and a simpler life is also one of the most important reasons for people suffering from stress to practice mental training. 50% of Germans see themselves at risk of burnout. The pressure doesn't just come from outside. Most of the constant stress is self-made, putting yourself under pressure with high demands. Stress mainly occurs in the mind and can be resolved most effectively with the help of amazingly simple mental training exercises.

Goal: The training course gives you the opportunity to learn how to strengthen yourself mentally. It uses examples to show techniques you can integrate into your everyday life. Many practical exercises show you how to have more quality of life professionally and privately. Easy-to-learn relaxation techniques complete the training.

Target group: Employees from all areas who want to learn how to deal with stressful situations.

Content:

- Based on neuroscience, you will learn how your “Kopfkino” or imagination determines every area of your life and what role the subconscious plays
- You will get to know the “scanning technique” to get your thoughts, feelings and sensations on track
- You will exercise the four most important mental abilities in order to master every challenge in life more confidently
- You will learn the “modern 4-step mental method”, each with a highly effective mental technique, which you can use to get into top shape mentally at almost any time
- You will learn to eliminate energy killers and build mental strength to master professional and personal changes successfully

Methods: Short lecture, presentation, practical exercises including coaching elements

Duration: 2 days

Group size: max. 8 people