



Mental Training

Gerrit Steiner

As a certified mental coach, I work with individuals on the following points:

- Enjoying more ease and calmness in everyday work and school life by optimizing various daily processes.
- Enhancing overall satisfaction and joy in life.
- Identifying goals and clearly defining realistic milestones.
- Changing unwanted habits and reducing fears.
- Letting go of negative beliefs and defining new, empowering thoughts.

Individually arranged (If interested, a message can be sent to Ms. Steiner via Toddle.);

Depending on needs and preferences, 1 to 3 sessions are recommended.

One session = 60 minutes