



Outdoor One-to-One Mentaltraining Sessions for Women

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What can you expect?



Experience your personal mental training – individualized and sustainable!

Experience a unique mental training that combines adventure, emotions, nature, and self-reflection. Together, we will work on strengthening your willpower, fostering motivation, and establishing long-term changes in your daily life – tailored to your individual needs. Whether outdoors in nature or online, we will find the right path for you. Dare to step out of your comfort zone and discover your inner strength. Join me on a journey that will sustainably strengthen your mindset.



...this is what your individual mental training could look like.

MindPlant – Focus

Pre-session:

(Zoom meeting, approximately 2 to 3 days before the first outdoor session)

We will get to know each other and discuss personal expectations and goals. Afterwards, I will choose the ideal natural location for your training.

First session – Recognize & Let Go:

(approximately 3 hours outdoors)

Discover old patterns and beliefs, and learn how to let go of the past through targeted mental training techniques and nature exercises.

Second session – Focus & Goals:

(approximately 1 week later, about 3 hours outdoors)

Gain clarity about your wishes and goals, discover your personality type, and strengthen your inner power with supportive exercises in nature.

Follow-up session:**(Zoom meeting, 3 days after the second session)**

Together, we can discuss your experiences, clarify any open questions, and I look forward to your feedback. You can decide whether you'd like to add the extension "MindPlant – Focus Plus" to stay ON TRACK!

...because "staying on track and persevering" is the recipe for success!

MindPlant – Focus Plus

30-Day Mental Challenge:

Daily inputs from me help you strengthen willpower, focus, and self-discipline – for sustainable personal growth.

Extended Practical Mental Techniques:

During this month of the Mental Challenge, you will receive even more input on mental training techniques throughout the 30 days.

Success Dialogue:

(Online via Zoom, approx. 40–60 minutes)

Together, we will reflect on and analyze your progress, discuss successes, and clarify any open questions.

price on demand



You might be asking yourself the following questions?

What is mental training?

Mental training is the targeted training of the mind, where you develop an awareness of your thoughts, feelings, and emotions, and learn to consciously control and manage them.

Is a mental trainer like a psychologist?

No, quite the opposite. While psychologists often work with the past and trauma, a mental trainer helps you identify your current goals and deal better with negative influences. The mental trainer focuses on the present and the future.

Is mental training only for sports?

Originally widespread in elite sports, mental training has now established itself in many areas of life – both professionally and privately. The techniques help you achieve personal goals and improve your performance.

Why do I need mental training?

Mental training promotes mental and emotional strength, helping you better cope with challenges. It supports:

- Stress management
- Focus and concentration
- Self-confidence and motivation
- Goal setting and emotional control
- Performance enhancement and resilience



What can mental training do for you?

You will increase your performance, become more balanced, and develop greater self-reflection. Mental training helps you avoid negative thought patterns and supports you in solving problems and overcoming difficult situations, such as depression.

Why in nature?

Nature is our original source of strength. It activates all the senses and enhances the experience.

Why do I work with the elements?

The elements – fire, air, water, earth – are closely connected to us. Their effect on humans can offer valuable insights and perspectives in mental training. Direct experience with the elements helps calm the mind and change negative thought patterns.



Are you unsure and don't know if mental training is the right thing for you?

Try answering the following questions just for yourself. If you're ready to dive deep into your personality, you're in the right place with me!



- Do I actively work towards fulfilling my wishes?
- Who would I be if I had no fears or wasn't influenced by the opinions of others?
- How would I rate my self-discipline?
- In what activity do I completely lose track of time?
- Am I aware of what I want to create or achieve in my life?

- Does nature in my surroundings play a significant role for me?
- How much time do I spend on negative conversations, negative thoughts, gossip, or criticism about others?
- What am I grateful for?
- Do I focus more on what's missing in my life rather than on what I already have?
- Which unhealthy habits should I leave behind?





Why mental training with Michaela?

Personal experience:

A serious illness made me an expert in topics such as isolation, darkness, and loneliness – but I found my way out! That's exactly why I can authentically and empathetically guide others, even through challenging issues.

Unique approach:

I combine powerful mental training methods with the healing power of nature. The connection to the 4 elements helps bring the mind into the present moment and contributes to an intense experience.

Individual experience:

I tailor each one-on-one mental training session specifically to YOU. Thanks to my openness and creativity, new adventures always come to mind. Let yourself be surprised by where YOUR personal experience will lead us.

MindPlant e.U.

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