



# Mental Match Play

coach yourself

Tennis & Business  
innovative - fresh - practical

Valuable impulses for everyday working life  
for 8 - 48 participants

# Tennis & Business

This tennis event brings many “hidden skills to light” and reveals the parallels between tennis and business. An experience that will linger for a long time

More self-confidence, power and motivation in everyday working life

Discover an innovative approach: From tennis into business

(Tennis experience is not required!)

In only 4 steps to motivation and lightness in your job:

## 1. Input in the classroom “Self-Coaching”

- Interferences versus high performance
- Success begins with your mindset
- Charly-Principle - Causes and effects of our thoughts
- Self-Coaching tools

## 2. Active experience I on the tennis court: “Get confident in your qualities”

- The power of being focused
- Trust your body
- RESET: 3 phases for a successful restart
- Matchplay

## 3. Active experience II on the tennis court: “Experience the flow”

- Discover and anchor
- Find your rhythm to learn
- From tightness to lightness
- Enjoy your game

## 4. Transfer from the court to the working place

- My highlights...
- My take aways...
- What will I do differently tomorrow?