



# Thomas Baschab

*“If something is not going simply, it’s simply not going”*

Thomas Baschab, mental coach, trainer, keynote speaker and author, became known as management trainer for top companies and as mental coach for a number of top athletes. In his seminars, he demonstrates in a spectacular manner how you can reach those goals which up until now seemed to be unattainable. With his unusual methods and inspiring seminar style, encompassing an authentic mix of depth and humor, since 1987 he has been leading executives and staff members from all sectors on the road to success. In addition, he provides coaching to top business executives and gives lectures as visiting professor at universities and technical colleges. He is regarded as the most successful and sought-after trainer in Germany. His clients include a number of Olympic, world and European champions, and he is among the pioneers of mental training in sports in Germany. His professional passion and personal vision is to support people in opening up new horizons and developing the immense possibilities of mental training for all areas of life.

## Themes

### > **Success begins in the mind: “Recognize opportunity – use potential**

- Use the subconscious to take advantage of our actual potential
- Bing – The daily miracle of targets
- Vision and targets – the navigation systems for outstanding achievement
- Functional mechanism of mental training
- Visualisation in daily practice
- Overcome barriers through mental target programming

### > **„Nothing is impossible“: Take on challenges – overcome barriers**

- The influence of positive and negative perception on life
- We see only what we want to see
- How our perception generates reality
- Recognize and eliminate self-limitation programs
- The red line as an opportunity to develop our personality
- Transform anxiety into courage and determination

### > **„All or nothing at all:“ Make decisions – live your dreams**

- Problems, growth hormones for the personality
- The 5-ball game – a model for success and personal happiness
- Use decisions to change your life
- The strength of inner convictions
- Control conscious and subconscious energy factors
- Use the unbelievable potential of our thoughts

## References & Press

His corporate references include among others around three quarters of all DAX companies, as well as additional international top companies like for example VW, Audi, BMW, Daimler Benz, Lufthansa Deutsche Bank, Commerzbank, Adidas, Telekom, Allianz, Siemens, Bosch, Microsoft, more than 100 savings banks, as well as over 100 Volks- and Raiffeisenbanken, and many more



### **In high performance sport, he assisted and assists for example:**

Holger Badstuber (football)  
 Fabian Johnson (football)  
 Dennis Aogo (football)  
 Pablo Thiam (football)  
 Krassimir Balakov (football)  
 Timo Hildebrand (football)  
 Tobias Angerer (Nordic skiing)  
 Florian Mayer (Tennis)  
 Philipp Kohlschreiber (Tennis)  
 Alexander Waske (Tennis)  
 Anke Huber (Tennis)  
 Martina Eberl (Golf)  
 Martina Ertl (Alpine skiing)  
 Felix Neureuther (Alpine skiing)  
 Nicola Thost (Snowboarding)  
 Ricco Gross (Biathlon)  
 Andi Birnbacher (Biathlon)  
 Natalie Geisenberger (Tobogganing)  
 Hannes Arch (Stunt flying, Red Bull Air Race)  
 VfB Stuttgart (football)  
 Hamburger Sportverein (football)  
 Karlsruher Sportclub (football)

## Fees & Languages

**Keynote speech** D

**Daily rat** C

**Languages**  

## Travel costs

Weilheim



## Media



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