



Michael Kortekaas





MENTALE (VEER) KRACHT

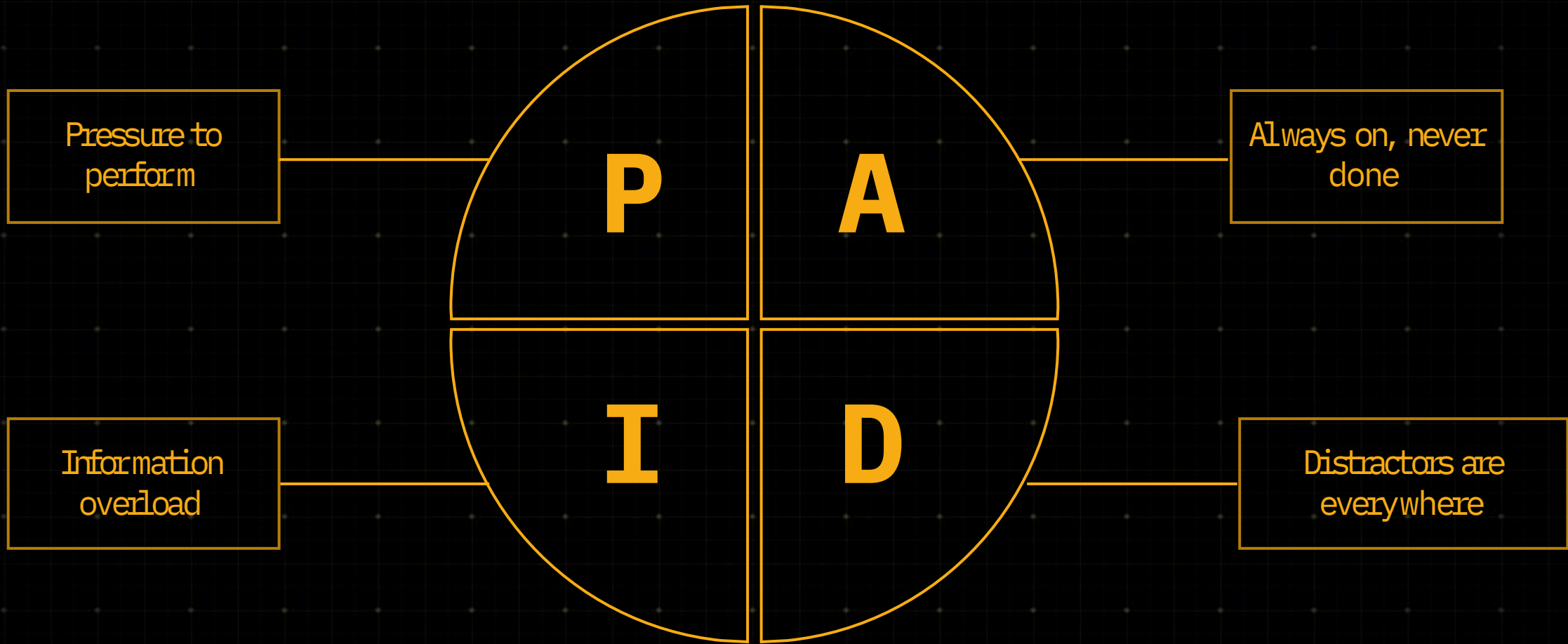
ENERGIE, FOCUS & WERKGELUK



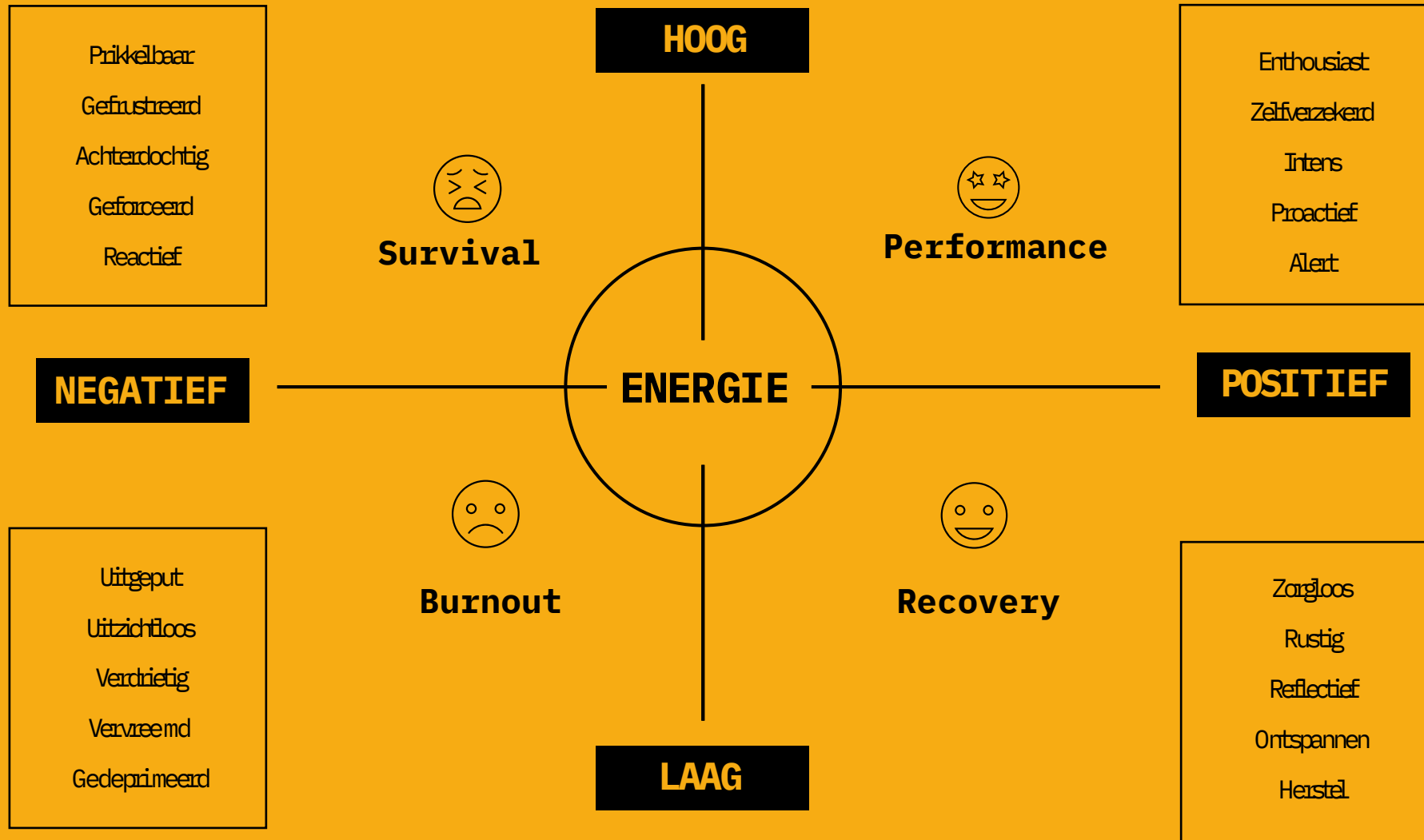
We level in

PAID

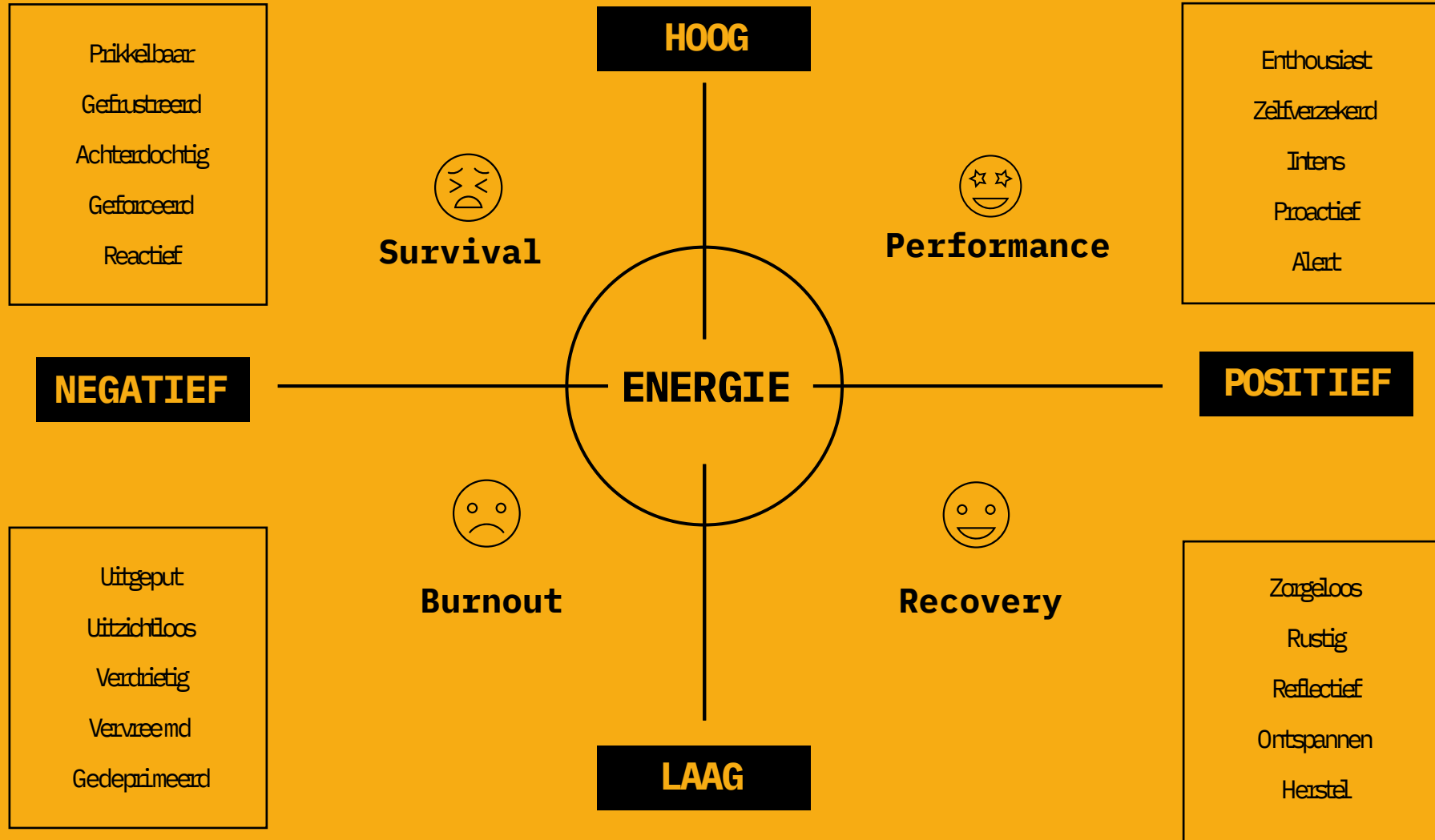
reality



ENERGIE IS DYNAMISCH



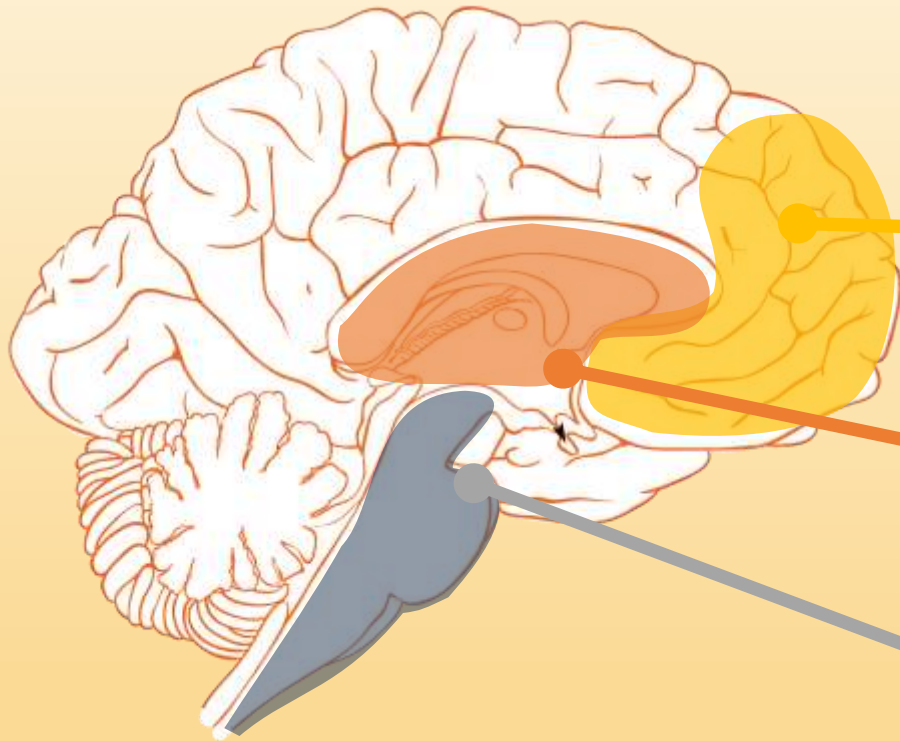
ENERGIE IS DYNAMISCH



Ons brein als keyrole-player!

Complex cognitief gedrag

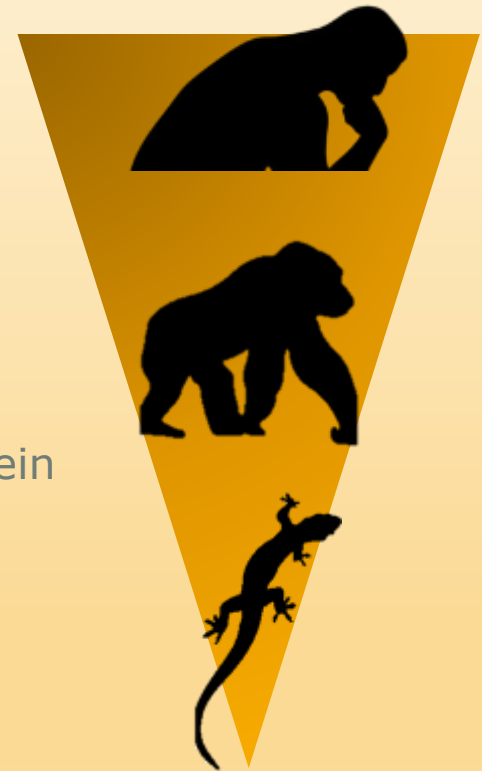
Planning, besluitvorming, normaal sociaal gedrag, innovatief denken, risicoanalyse, empathie en ... FOCUS!



Prefrontale cortex:
Rationeel of denk brein

Limbisch brein:
Emotioneel of gevoelsbrein

Hersenstam:
Instinct of reflex brein



BIG 5

Energiemanagement



”

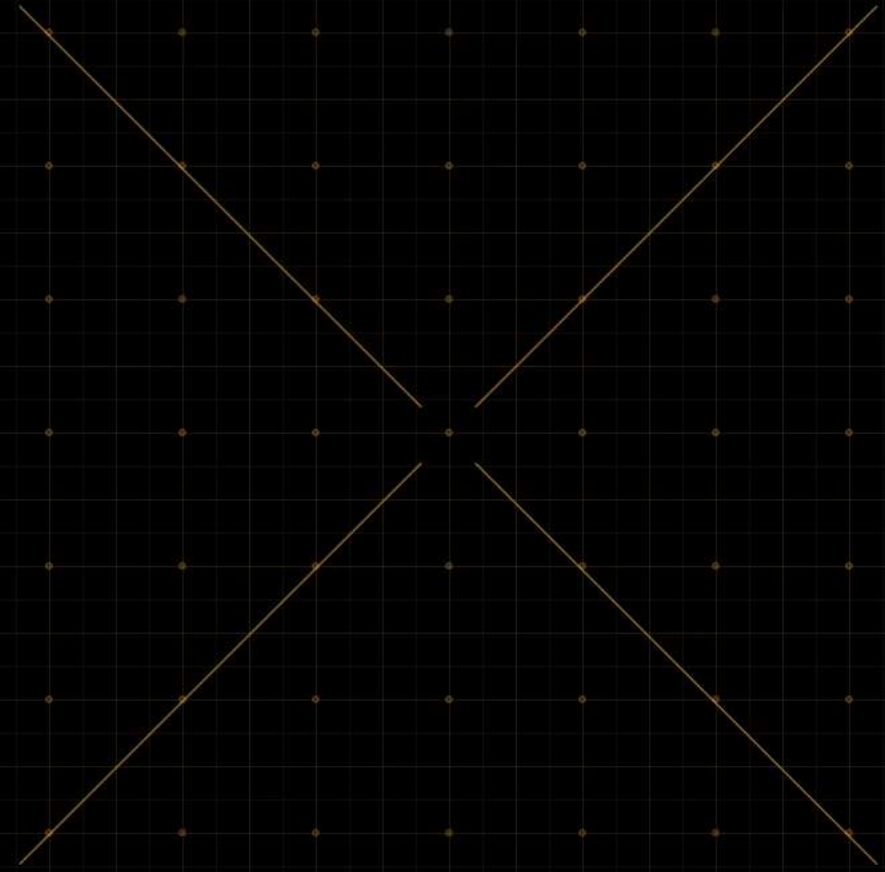
**SOMETIMES WE HAVE
TO SLOW DOWN... , TO
SPEED UP AGAIN**



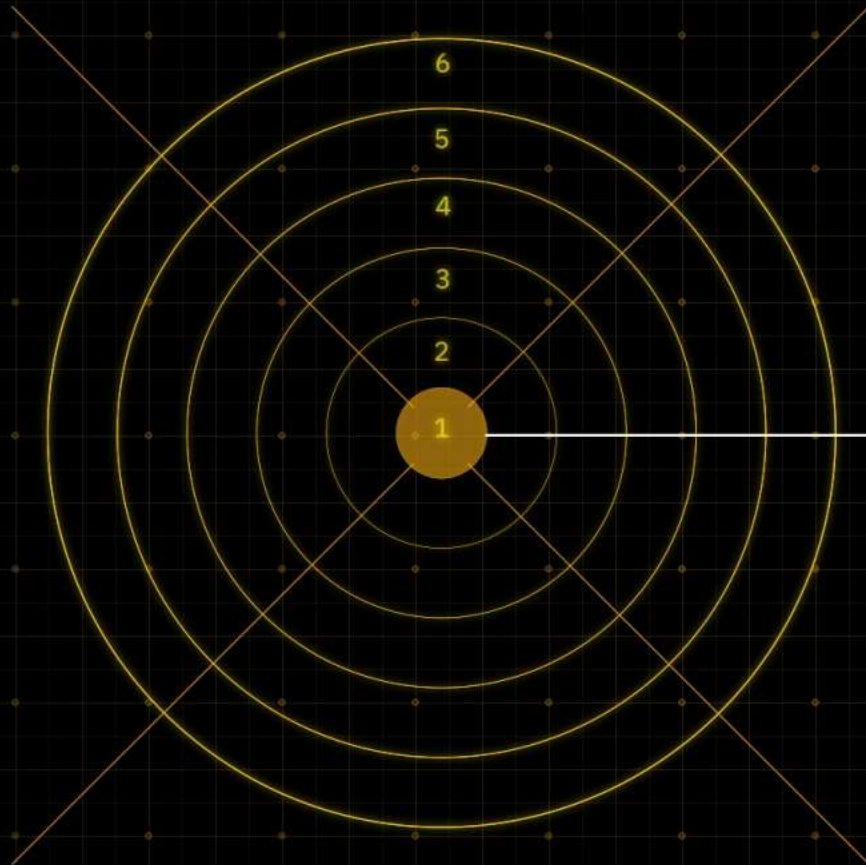
Footprints

The image features a large, bold, black sans-serif font spelling out the word "Footprints" across the center. The letters are semi-transparent, revealing a collage of images underneath. The background is a warm, golden-yellow color. The collage includes: a man in a pilot's uniform with goggles on his forehead; a woman's profile; a yellow taxi cab; a man in a grey jacket; and various signs and posters, including one for "Disney" and another for "FREE TREATMENT". The overall aesthetic is nostalgic and celebratory.

FOCUS VS AFLEIDING



FOCUS VS AFLEIDING



1. IK EN MIJN TAAK

(WAARNEMEN, BESLISSEN EN UITVOEREN)



FOCUS VS AFLEIDING



2. DIRECTE AFLEIDINGEN (TEMPERATUUR, OMSTANDERS, OMSTANDIGHEDEN)



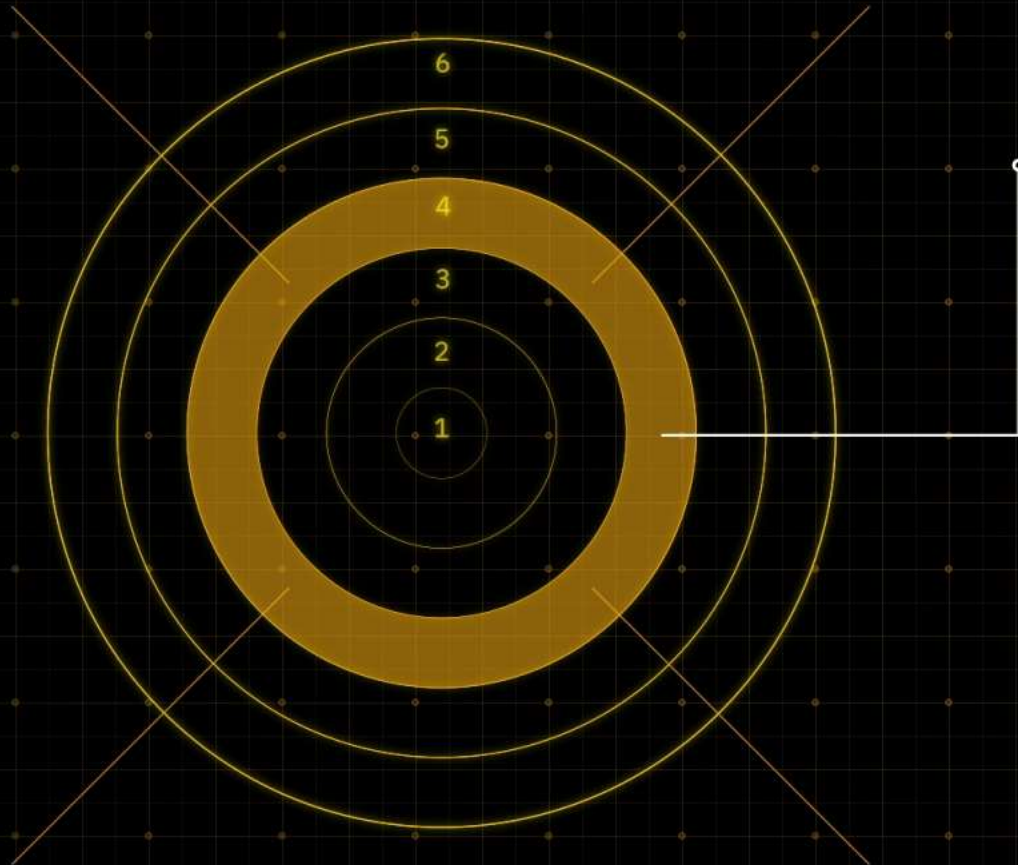
FOCUS VS AFLEIDING



3.IS - BEHOORT TE ZIJN VERGELIJKING



FOCUS VS AFLEIDING



4. VAN SUCCES/FALEN



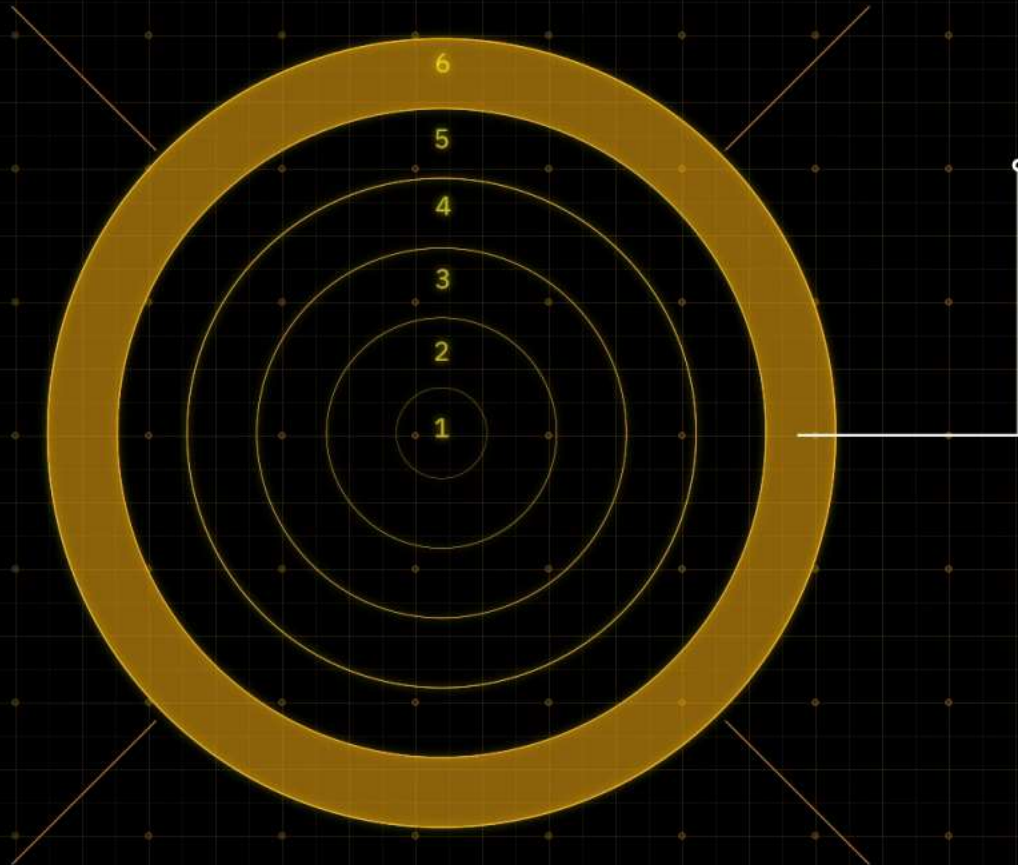
FOCUS VS AFLEIDING



4. VAN SUCCES/FALEN



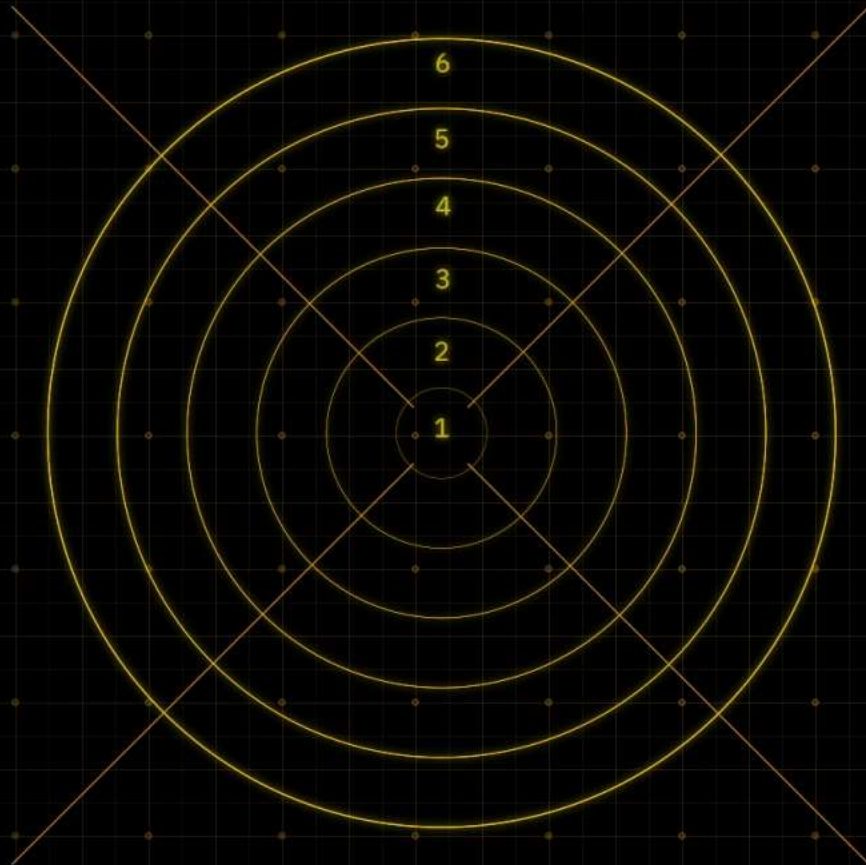
FOCUS VS AFLEIDING



5. GEVOLGEN VAN SUCCES/FALEN



FOCUS VS AFLEIDING



1

IK EN MIJN TAAK

(WAARNEMEN, BESLISSEN EN UITVOEREN)

2

DIRECTE AFLEIDINGEN

(TEMPERATUUR, OMSTANDERS, OMSTANDIGHEDEN)

3

IS - BEHOORT TE ZIJN VERGELIJKING

4

VAN SUCCES/FALEN

5

GEVOLGEN VAN SUCCES/FALEN

6

ZINSVRAAG

(WAT DOE IK HIER?)

A microscopic image showing a dense network of yellow, glowing neural pathways against a dark background. The pathways consist of numerous cell bodies (soma) with long, thin, branching processes (dendrites and axons) extending outwards, creating a complex, interconnected web.

HERSENEREN VS GEDRAG

NEURAL PATHWAYS



Mentale Kracht

FOCUS VS AFLEIDING

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