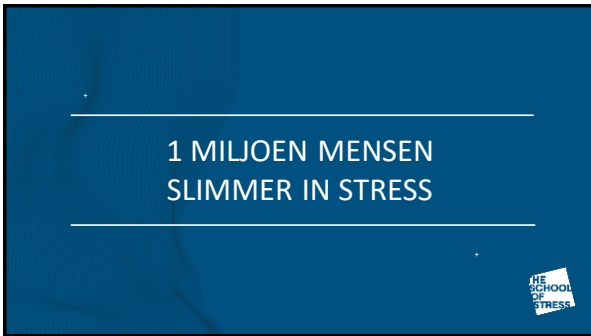


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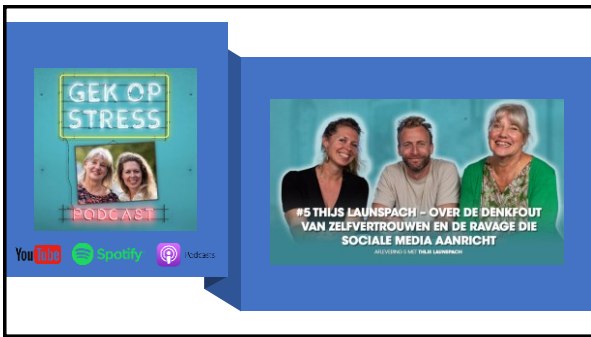
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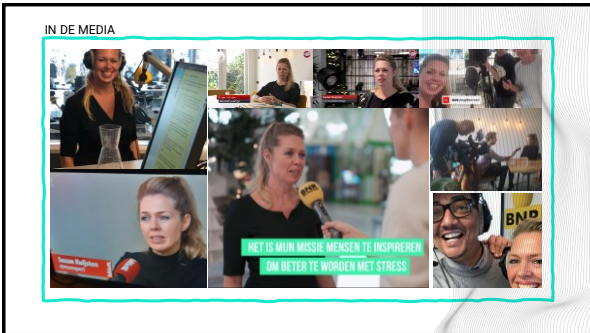
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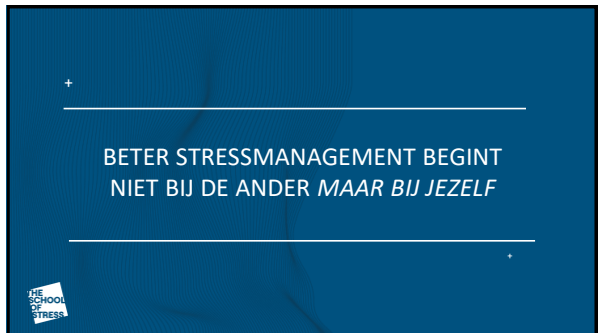
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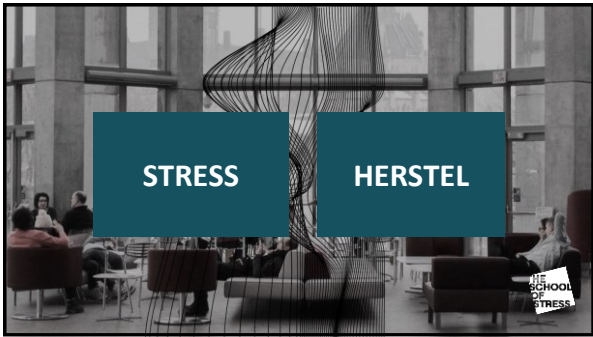
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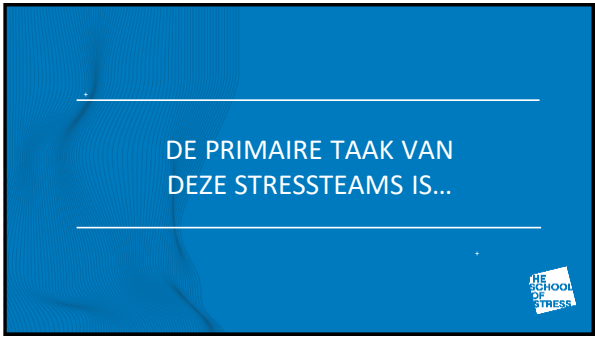
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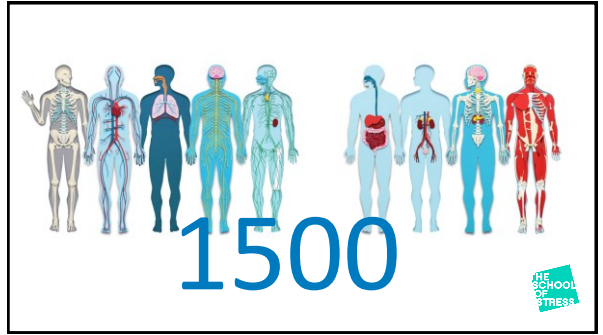
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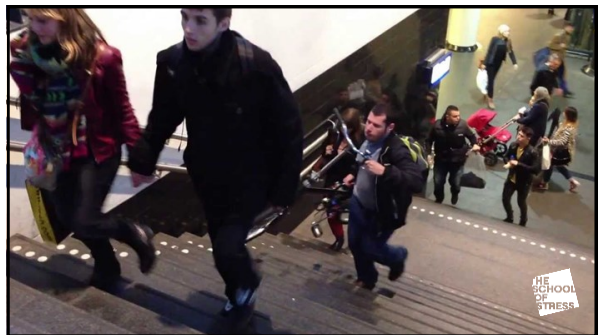
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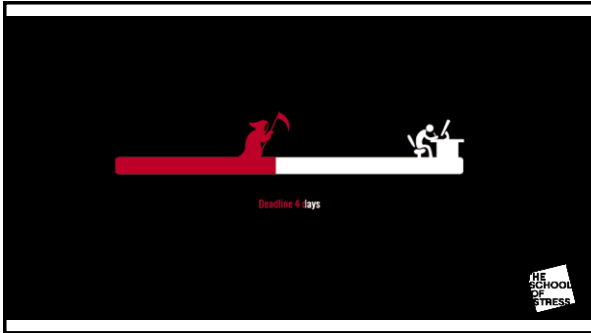
44



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ZONDER STRESS
ZOU NIEMAND VAN ONS
OOIT IETS WEZENLIJKS
GEPRESTEERD HEBBEN



58


+

STRESS IS DUS NIET IETS WAAR JE
IN BEGINSSEL VANAF MOET WILLEN



59

STERKER NOG:
ALS JE ER VANAF WILT
HEEFT DAT EEN NEGATIEVE
IMPACT OP JE PRESTATIE



60



POSITIEVE KIJK OP STRESS



K. MCGONIGAL A. CRUM S. ACHOR



61



62

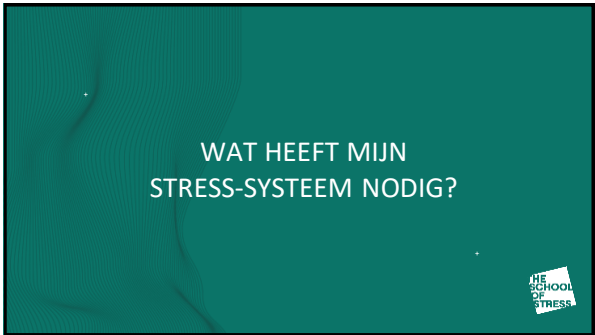
HOE POSITIEVER WE OVER STRESS DENKEN
DES TE MEER HET VÓÓR ONS WERKT



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65



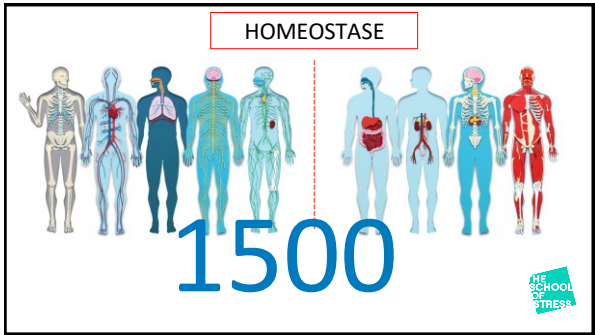
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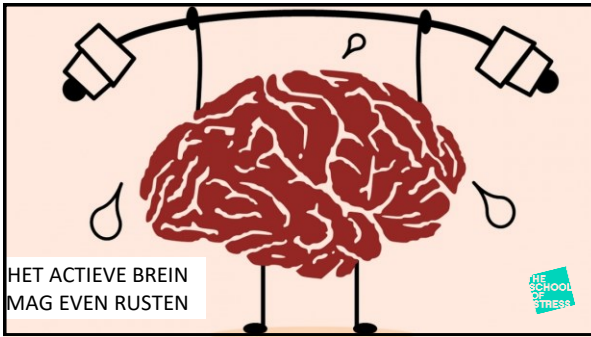
67



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HET ACTIEVE BREIN
MAG EVEN RUSTEN



71



74



GEEN TIJD VOOR



76



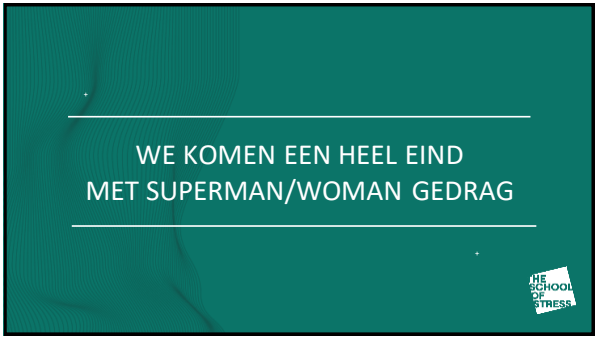
WE STEKEN MASSAAL ONZE KOP IN HET ZAND



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SIGNALLEN VAN TE WEINIG HERSTEL

1. NIET MEER KUNNEN STOPPEN
2. SLECHT SLAPEN
3. VAKER ZIEK (achterstallig onderhoud)
4. SPANNINGSKLACHTEN
5. CHAOS IN JE HOOFD
6. KRIBBIG, BOZIG, KORT LONTJE
7. ONTHECHTING - afspraken afzeggen & de val me niet lastig houding
8. JE WORDT DOMMER - 13% IQ verlies
9. GEDRAG VERANDERT
10. "IK BEN ZO TOE AAN WEEKEND"

THE SCHOOL OF STRESS logo in the bottom right corner.

81

GRIJPEN WE DAN IN?

THE SCHOOL OF STRESS logo in the bottom right corner.

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WE GEVEN MENSEN DIE
ZICHZELF UITPUTTEN APPLAUS
ZIJN WE GEK OP: DUS RENNEN WE DOOR / EN DAT KAN OOK

THE SCHOOL OF STRESS logo in the bottom right corner.

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85



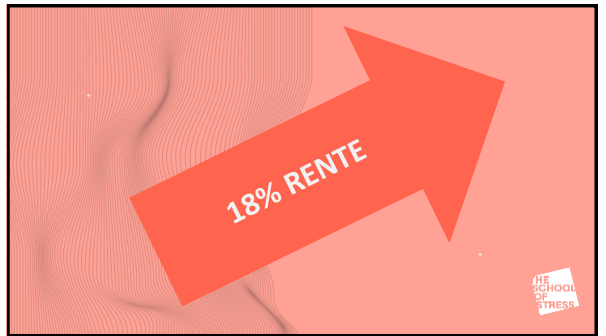
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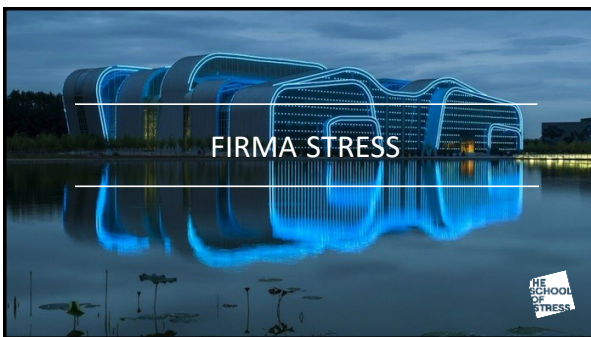
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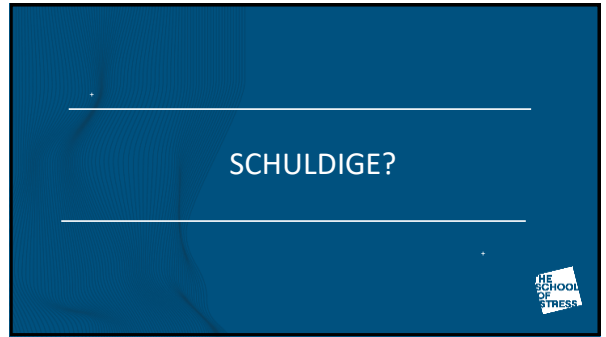
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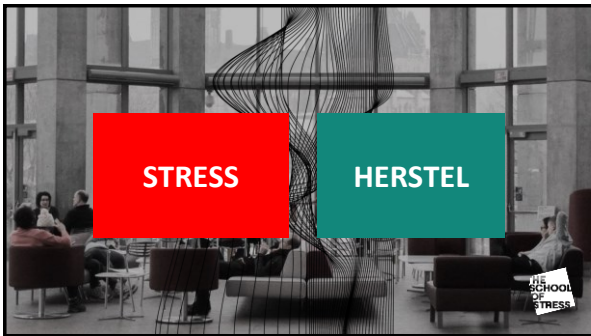
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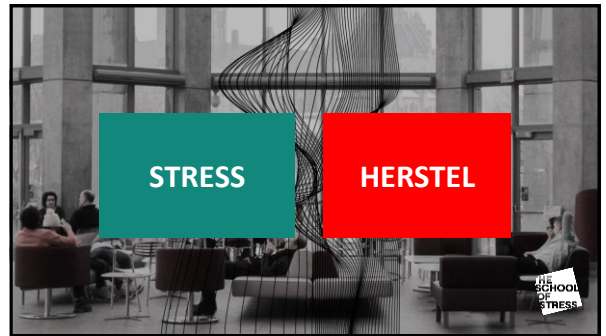
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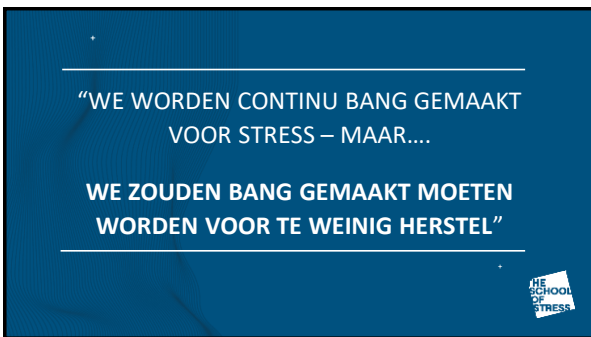
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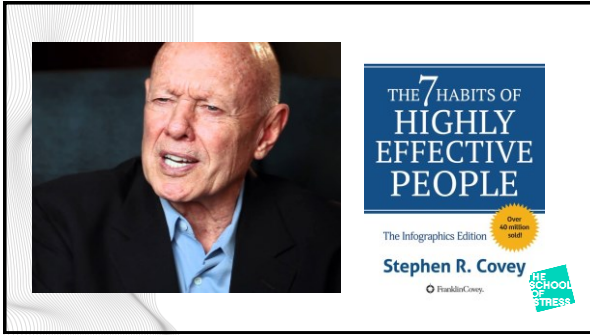
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WELKE COMPETENTIES STAAN HET HOOGST IN AANZIEN IN JOUW OMGEVING?
 (2 MIN OVERLEG MET JE BUURMAN- OF VROUW)

THE SCHOOL OF STRESS

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HENK **KLAAS**

ZONDER HERSTEL NEMEN JOUW COMPETENTIES (EN PRODUCTIVITEIT/PRESTATIE) AF

THE SCHOOL OF STRESS

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No thanks!
 We are too busy

KLAAS MANIER: CREATIVITEIT (EN INNOVATIE) NEEMT AF

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WAT NEEMT AF:

- CREATIVITEIT
- PRODUCTIVITEIT
- SLAGKRACHT
- WERKPLEZIER
- ENERGIE
- VITALITEIT
- FOCUS EN SCHERPTE
- INSCHATTINGSVERMOGEN

WAT NEEMT TOE:

- NEGATIVITEIT
- IRRITATIE
- FOUTEN

THE SCHOOL OF STRESS

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DENK GOED NA OVER HOE JE MET ELKAAR NAAR HERSTEL KIJKT

THE SCHOOL OF STRESS

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EN NEE, ALLEEN MAAR DE DAG DOOR LUIEREN DOET JE OOK GEEN GOED

THE SCHOOL OF STRESS

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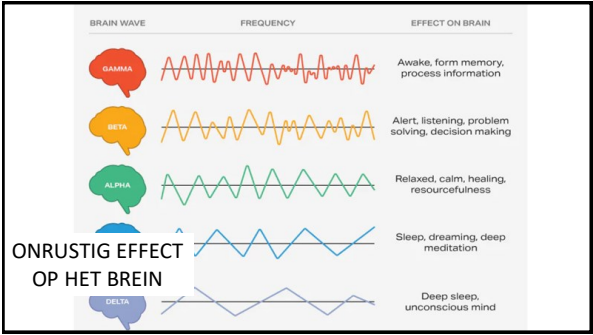
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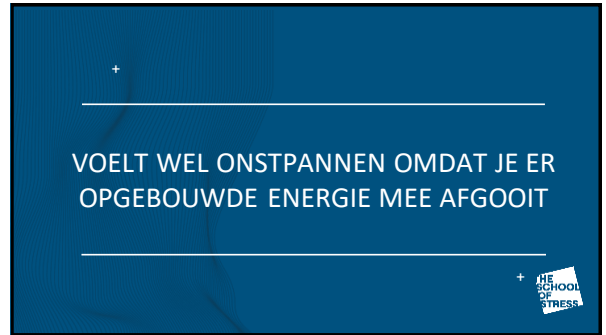
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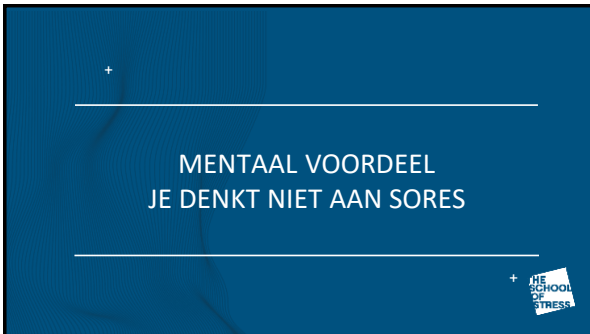
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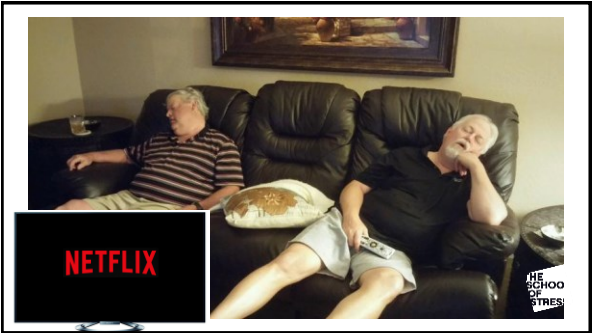
152

KENMERKEN VAN HERSTEL:

1. LIJF IS ONTSPANNEN EN RUSTIG
2. BREIN VERWERKT GEEN NIEUWE INFO



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BOEK
 WEINIG PRIKKELS, VOORSPELBAAR
 LETTERTYPE, VORM, KLEUR EN OPMAAK,
 EIGEN TEMPO, GEEN INTERACTIE, VEEL
 ZELFREGIE (SAAI)

+

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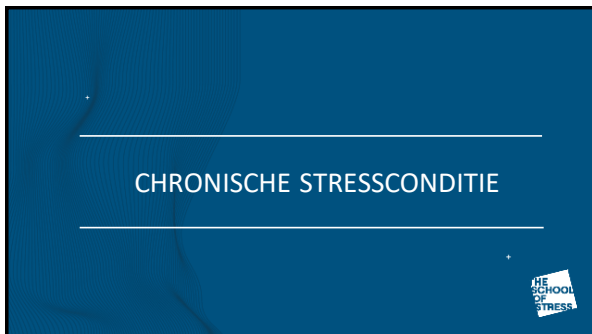
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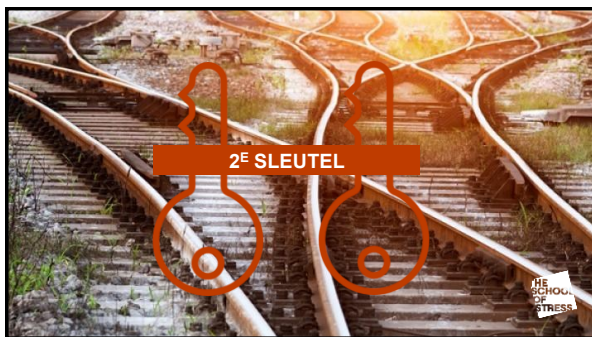
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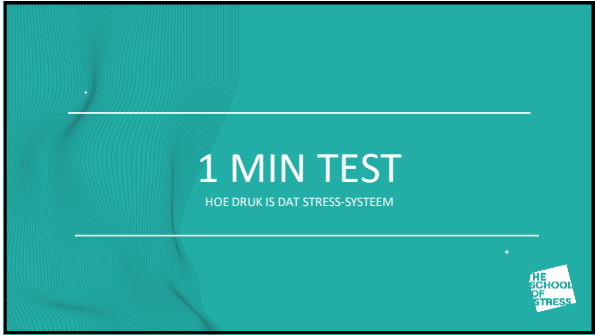
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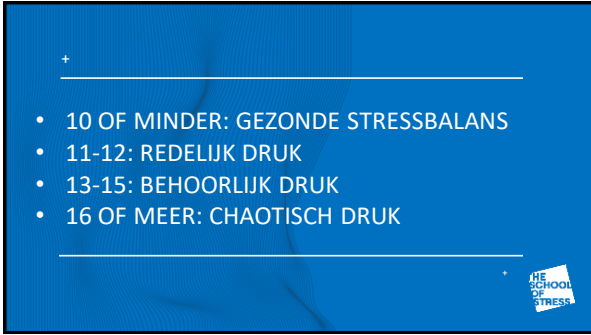
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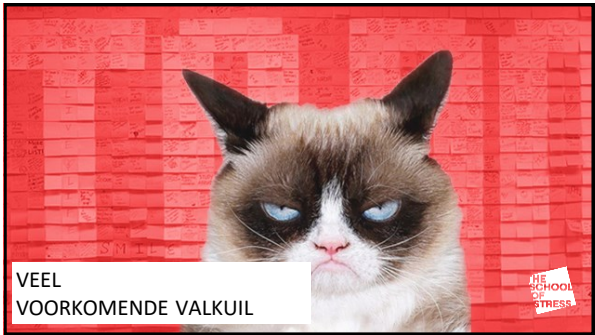
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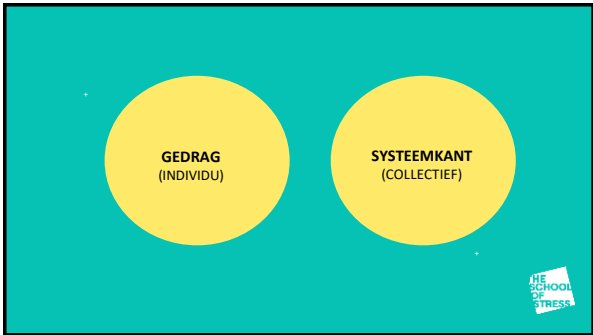
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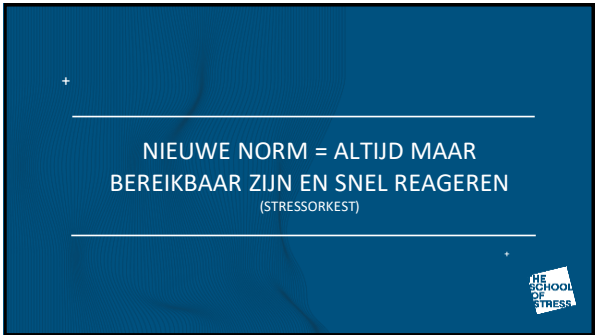
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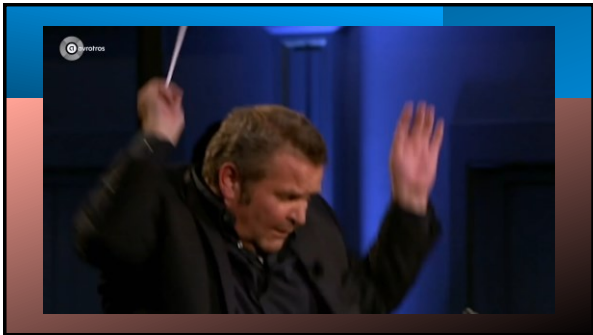
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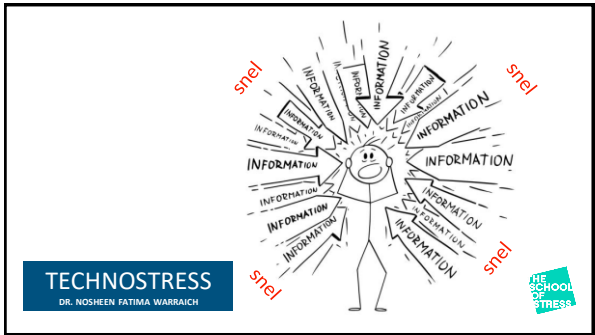
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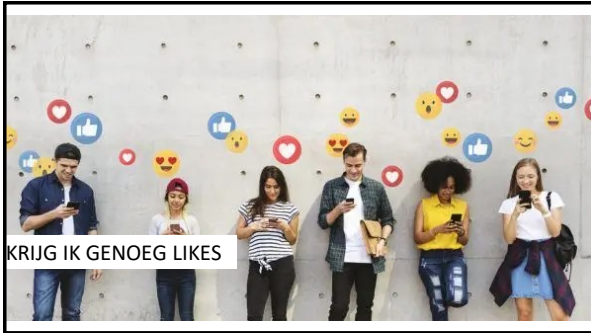
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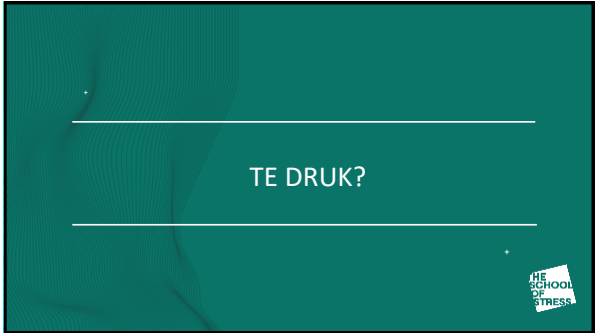
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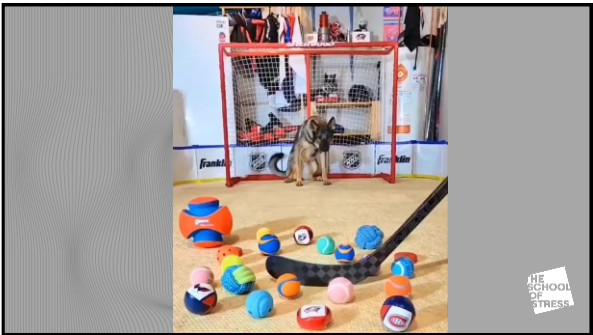
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BIJ EEN STERKE FOCUS, REN JE NIET OP ALLES WAT ZICH AANDIENT. MAAR OP WAT ECHT BELANGRIJK IS EN DAN KRIJG JE DIT

THE SCHOOL OF STRESS

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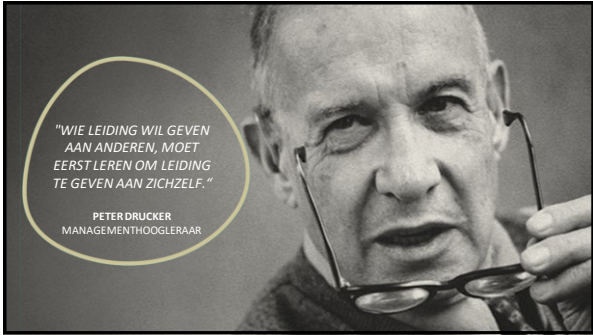
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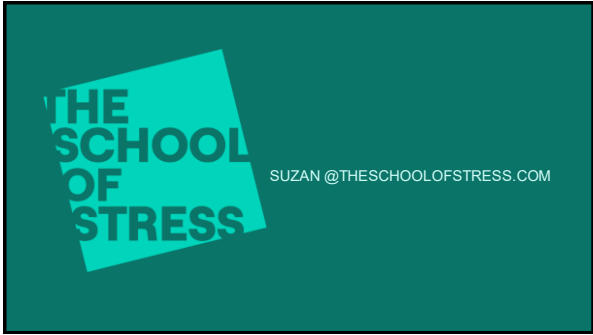
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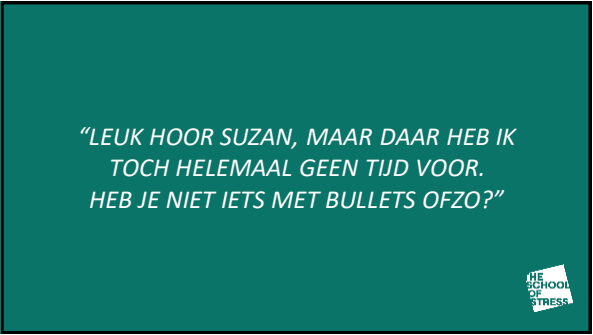
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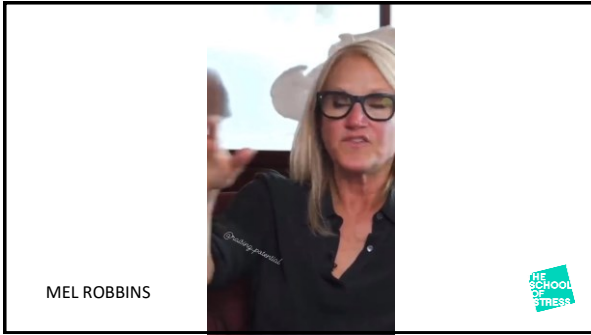
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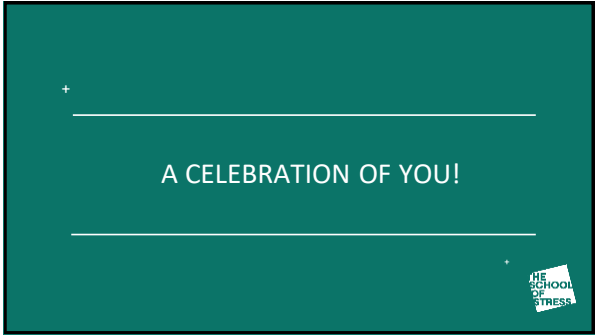
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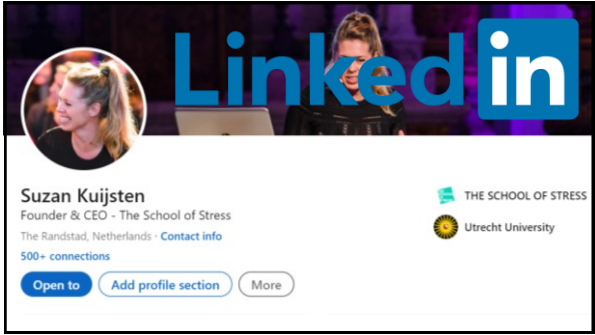
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