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# MENTALE (VEER) KRACHT

## ENERGIE, FOCUS & WERKGELUK

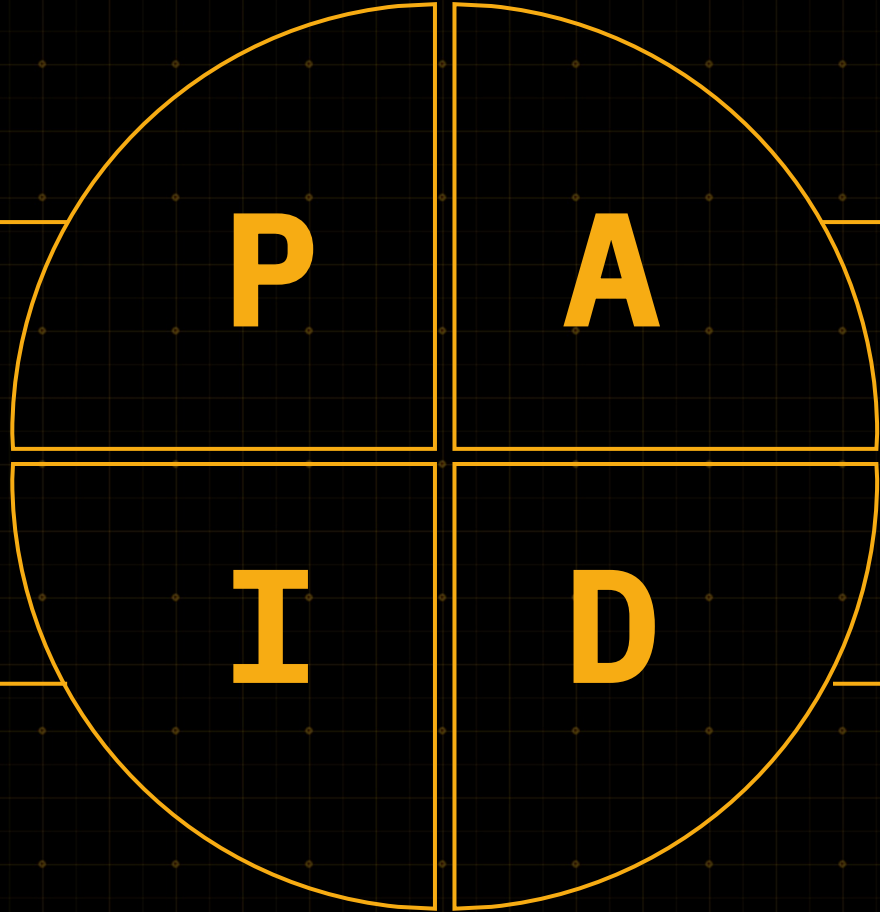
**We level in**

**PAID**

**reality**



**Pressure to  
perform**



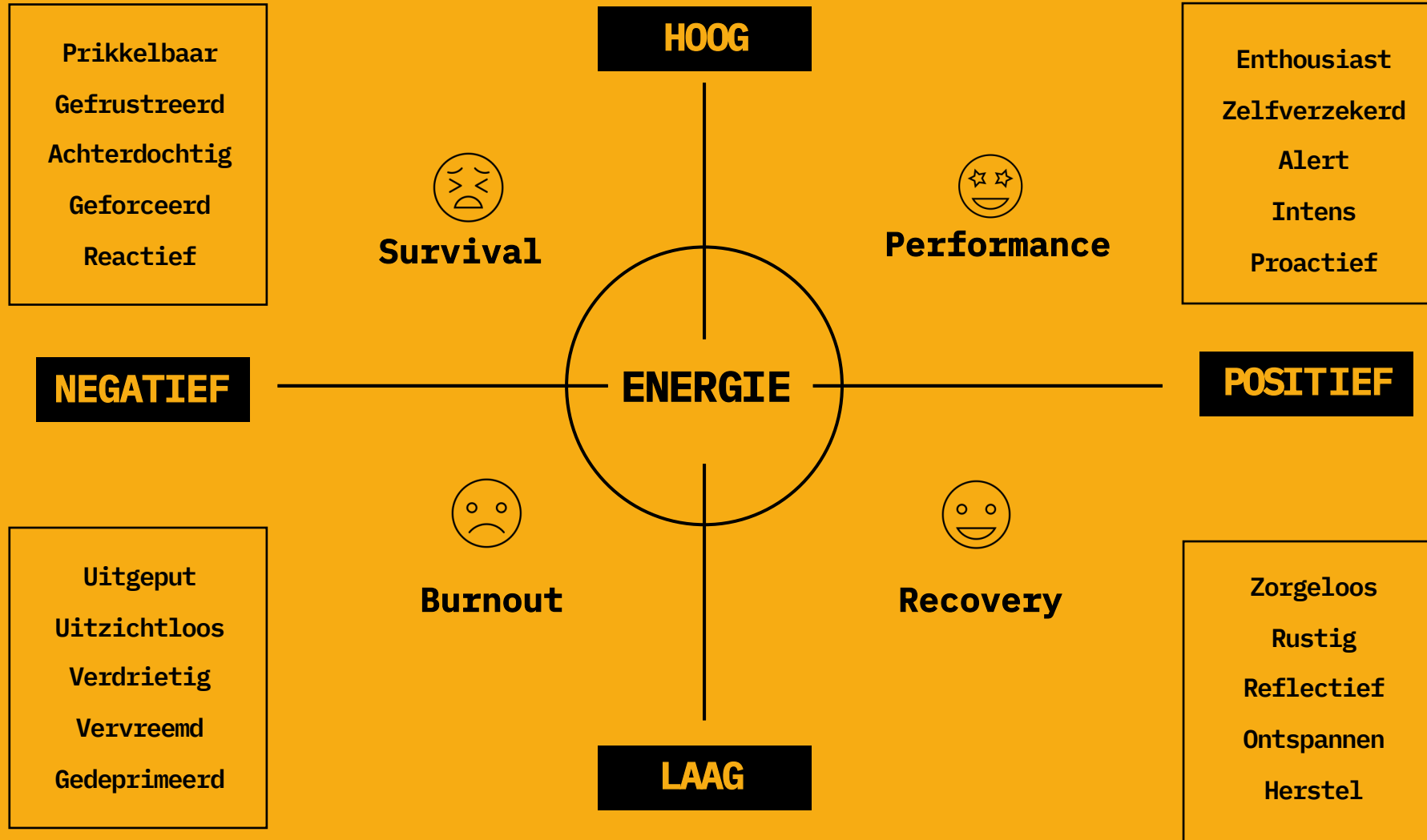
**Always on,  
never done**

**Information  
overload**

**Distractors  
are everywhere**



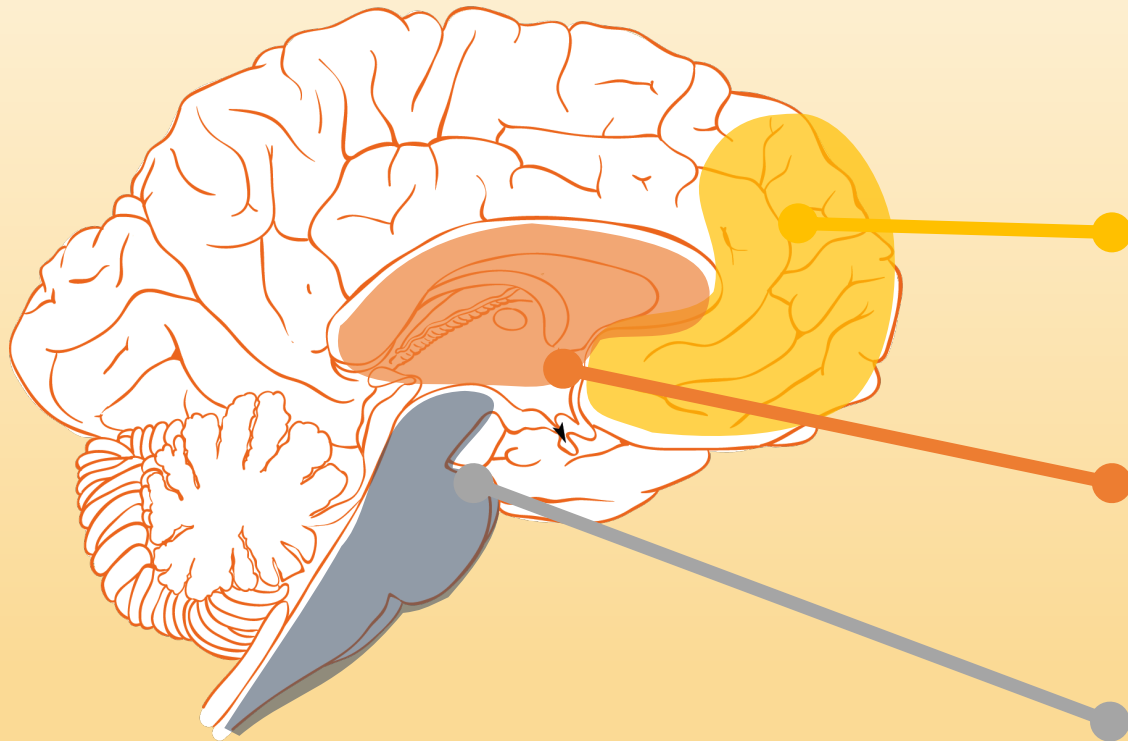
# ENERGIE IS DYNAMISCH



# 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**



# HERSENEREN VS GEDRAG

A detailed microscopic image of neural pathways, showing a dense network of neurons with their cell bodies and extending axons. The neurons are highlighted in a bright yellow color against a dark background, creating a complex, star-like pattern of connections.

NEURAL PATHWAYS





Mentale Kracht

## FOCUS VS AFLEIDING

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