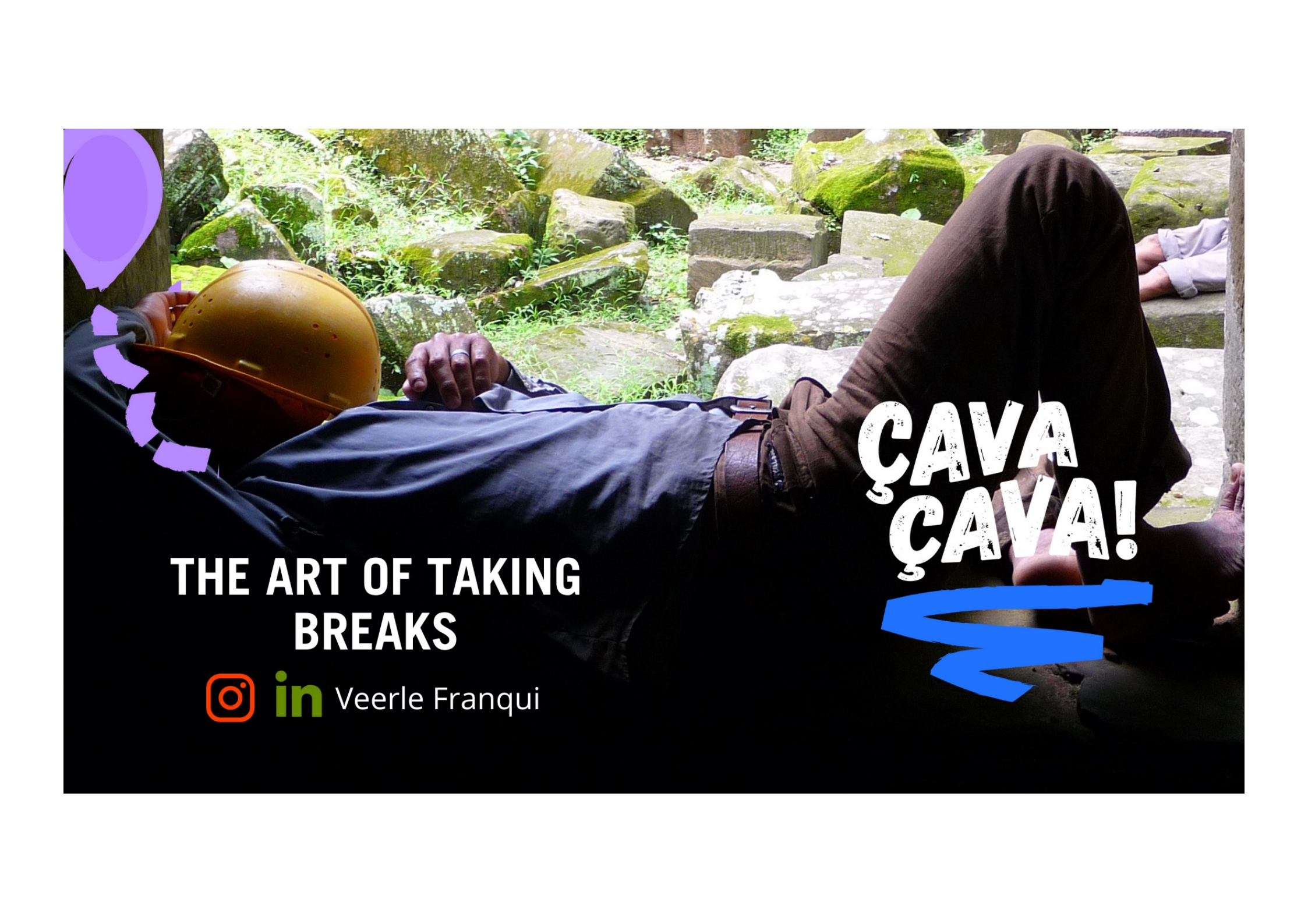




THE ART OF TAKING BREAKS

  Veerle Franqui

ÇAVA
ÇAVA!



00

**WELKE PAUZES HEB JE TIJDENS JE
LAATSTE WERKWEEK GENOMEN?**

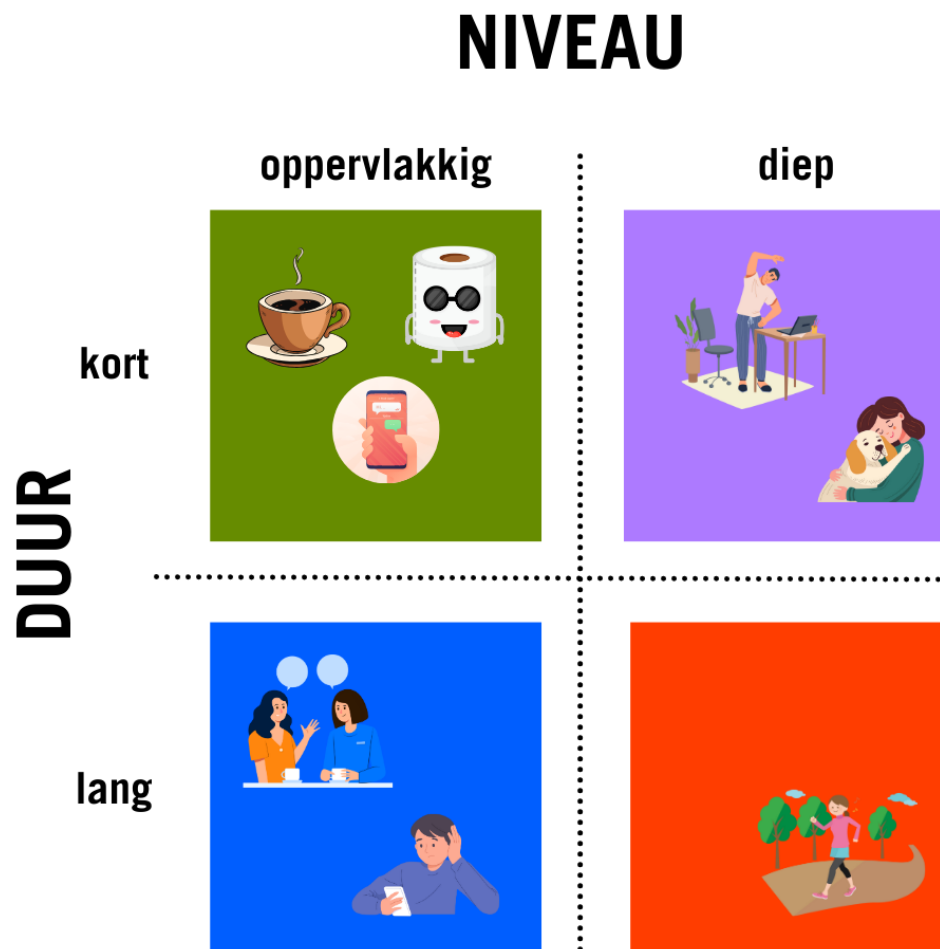


**ALS IK AAN MENSEN VRAAG
WAT ZE DOEN TIJDENS EEN
PAUZE, ANTWOORDT NOOIT
IEMAND 'SCROLLLEN OP
SMARTPHONE'. BIZAR**

VEERLE FRANQUI



SOORTEN PAUZES





**WAT HOUDT MENSEN TEGEN OM DEUGDDOENDE EN
EFFECTIEVE PAUZES TE NEMEN?**

A tall stack of South African 5 Rand coins is positioned on the left side of the image. The coins are silver-colored with a gold band in the middle. To the right of the coins is a blurred alarm clock with a gold-colored frame and a white face. Two text boxes are overlaid on the image: a red one on the left and a green one on the right. A yellow arrow points from the bottom of the green box up towards the clock.

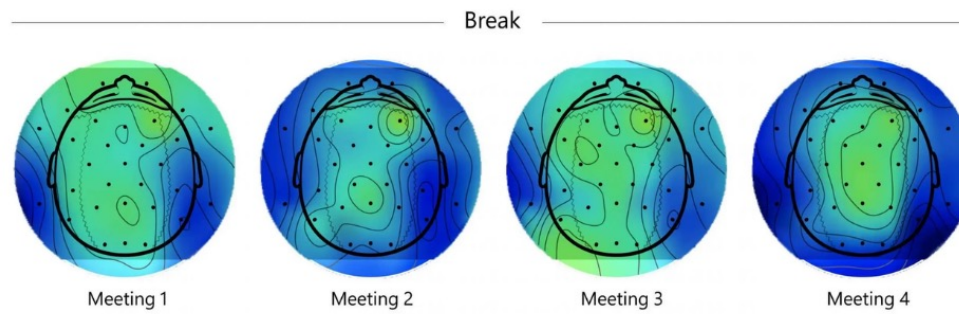
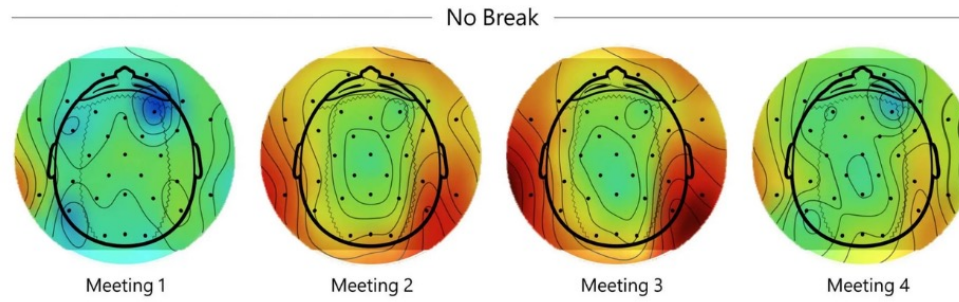
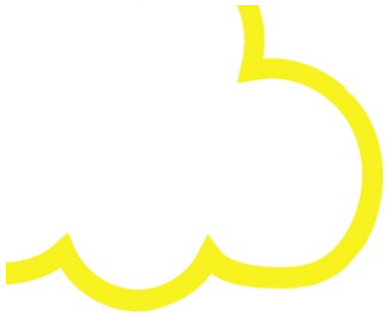
TIME IS MONEY

ATTENTION IS MONEY



**ALLÉ, WE GAAN ER WEER
EENS VOOR DE VOLLE 30%
TEGENAAN HÉ**

VEERLE FRANQUI



An EEG cap
to monitor
electrical
activity in
the brain



Average beta activity across research subjects
during four meetings







NOT DONE

JUST DO IT

SITTING IS KILLING





00 ÇAVA DI
ÇAVA!



STRAKS – MORGEN

OP TIJD

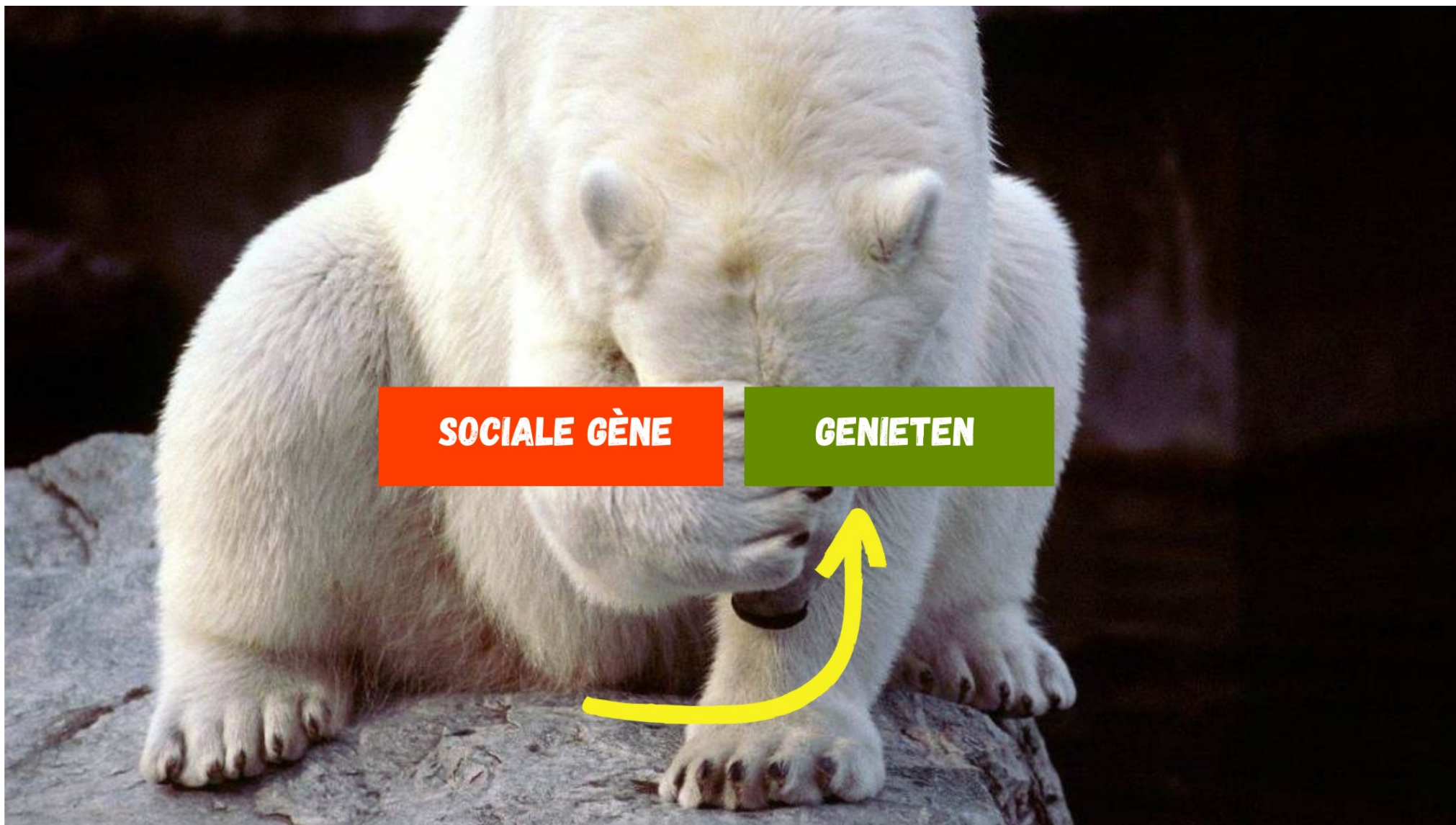


PAUZEREN EN DECONNECTEREN



EEN STAPPENPLAN VOOR MINDER DIGISTRESS EN MEER ENERGIE





SOCIALE GÈNE

GENIETEN



EEN BELEVINGSEVENT VOL TIPS - VRIJDAG 1 DECEMBER - WWW.CAVACAVA.BE



**BUILT FOR
ENDURANCE**



**TECHNOC
POLIS**

Kies je kortingscode:
nukomikYKO10 (10%)
nukomikYKO20 (20%)

...
Tot 90%!

VEERLE FRANQUI

ENERGIEKE KEYNOTES



The Art of Taking Breaks



The Ergo Wake Up Call



Een echte burn-out?!



Veer-krachttraining



Vol energie!

OPVOLGINGSTRAJECTEN



Ergonomie - Veerkracht - Deconnecteren

ÇAVA ÇAVA!

SLIMMER PAUZEREN, GEZONDER PRESTEREN



+32497948707



veerle.franqui@cavacava.be



veerle_franqui



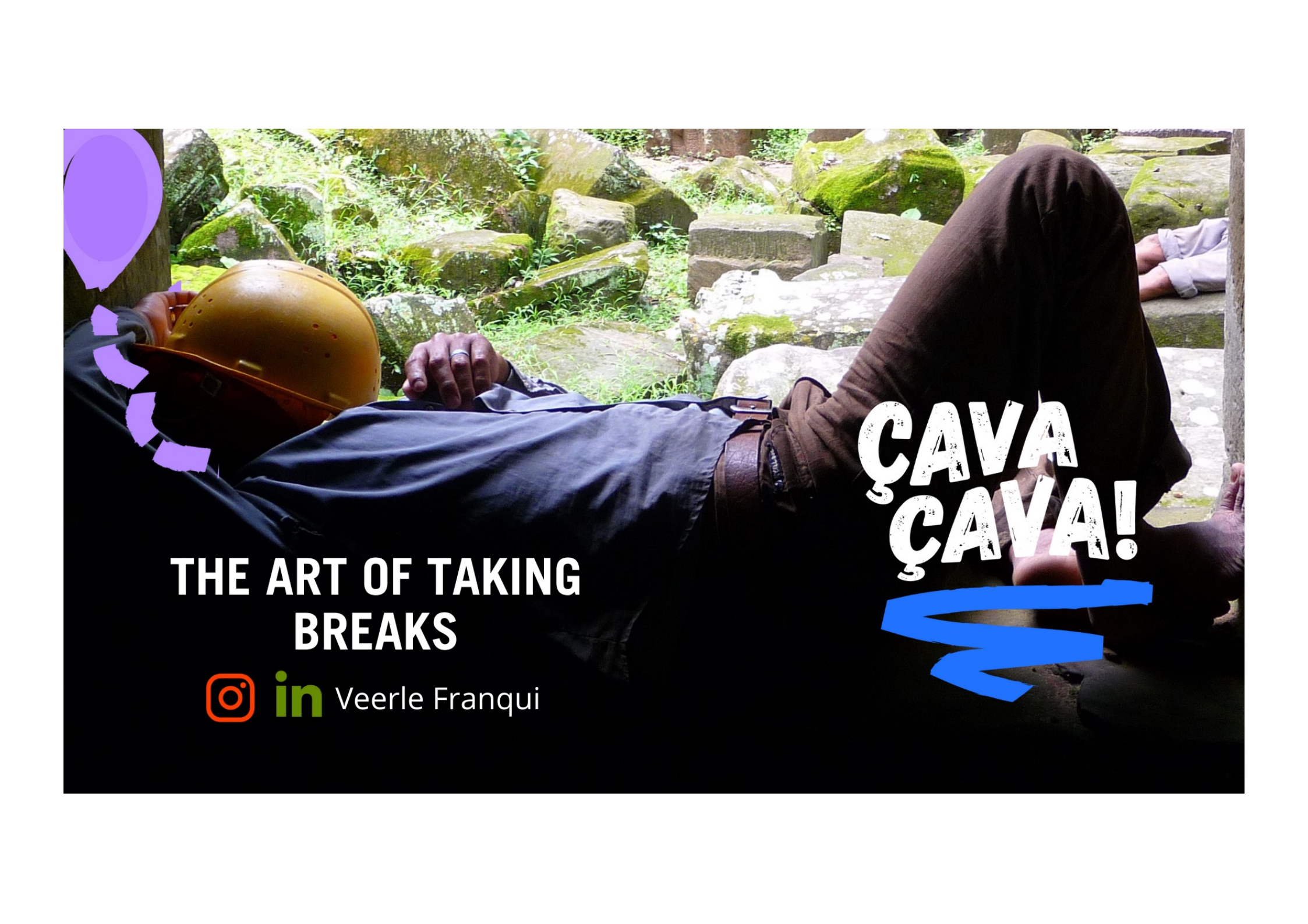
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THE ART OF TAKING BREAKS

  Veerle Franqui

ÇAVA
ÇAVA!



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