



FOCUS IS HET NIEUWE GOUD

Steve Daponte
Better Minds



Stitsj.
Seamless wellbeing

BETTER MINDS



Stijgen
en
dalen







Uitstelgedrag?









London Travel Information

MERCHANT

Freehouse & Kitchen





A scenic view of an Amsterdam canal at dusk or dawn. On the left, traditional Dutch canal houses with gabled roofs line the water. A white boat is docked in the foreground. On the right, a modern building with large glass windows stands next to a street with parked cars and trees with yellowing autumn leaves. The canal reflects the buildings and the warm sky. A dark green rectangular box is centered over the image, containing the word 'SMOMBIE' in white, bold, sans-serif capital letters.

SMOMBIE

A scenic view of an Amsterdam canal at dusk. On the left, traditional Dutch canal houses with gabled roofs line the water. On the right, a modern building with large glass windows stands next to trees with autumn foliage. Several cars are parked along the right side of the canal, and a few boats are visible in the water. The sky is a soft orange and yellow, reflecting on the calm water.

SMOMBIE

Smartphone Zombie























"Ik probeerde
te leven, maar
geraakte
afgeleid."

A photograph of a light-colored, rectangular gravestone with a rough, weathered texture. The stone is set in a cemetery with dry leaves and green plants in the background. A prominent crack runs diagonally across the stone, starting from the top right and extending towards the bottom right. The inscription 'R.I.P.' is carved in a serif font in the upper center. Below it, a Dutch quote is written in a black, sans-serif font.

R.I.P.

"Ik probeerde
te leven, maar
geraakte
afgeleid."



The image shows a vast landscape of rolling hills under a dramatic, warm sky. The sun is low on the horizon, creating a strong orange and yellow glow that fills the sky and reflects off the clouds. The hills in the foreground and middle ground are silhouetted against this bright light, with some areas showing more detail of their slopes and ridges. The overall mood is serene and contemplative.

weten wat we willen





***Wat krijgt
ons brein?***



INFOBESITAS



INFOBESITAS

Diepte



INFOBESITAS

~~Diepte~~





BRAIN DRAIN







Geef een **FOUTIEF** antwoord:

Geef een **FOUTIEF** antwoord:

1. Wat is de hoofdstad van België?

Geef een **FOUTIEF** antwoord:

1. Wat is de hoofdstad van België?
2. Hoeveel mensen zitten in deze zaal ?

Geef een **FOUTIEF** antwoord:

1. Wat is de hoofdstad van België?
2. Hoeveel mensen zitten in deze zaal ?
3. Wat is je favoriete kleur?





FOCUS IS HET NIEUWE GOUD

Steve Daponte
Better Minds



Stitsj.
Seamless wellbeing

BETTER MINDS



FOCUS IS HET NIEUWE GOUD

Steve Daponte
Better Minds



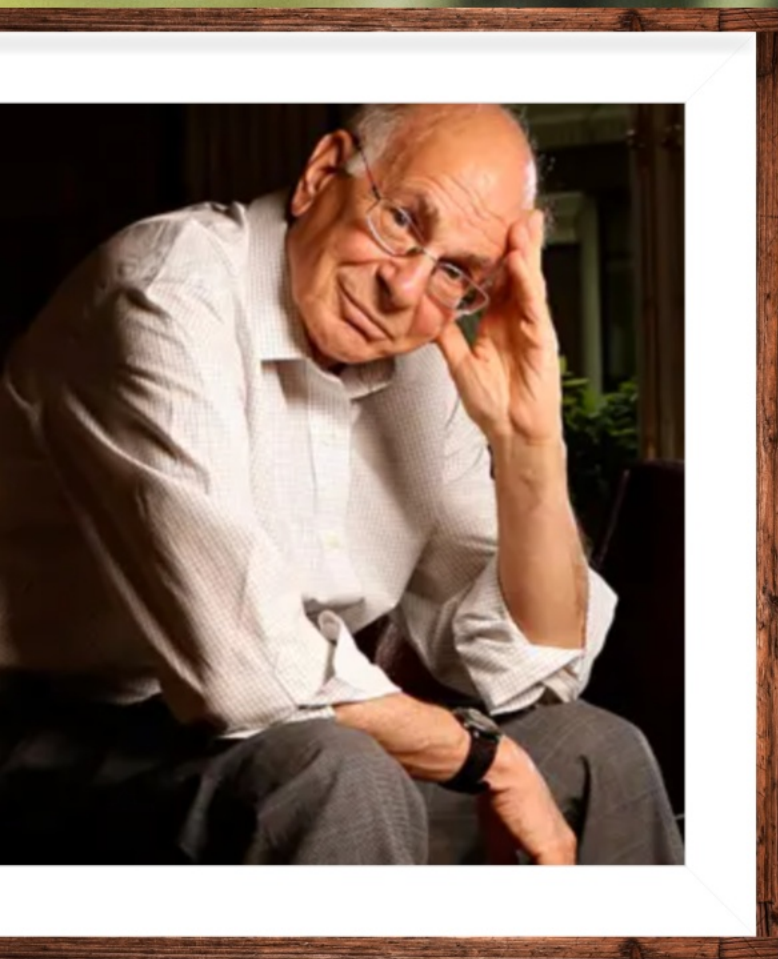
PILOOT

Stitsj.
Seamless wellbeing

BETTER MINDS



PILOOT



Steven D.

The International
Bestseller

Thinking, Fast and Slow



Daniel Kahneman
Nobel Prize





SYSTEM 1



SYSTEM 2



SYSTEEM 1

Snel



SYSTEEM 2



SYSTEEM 1

Snel



SYSTEEM 2

Traag





SYSTEEM 1

Snel

90%



SYSTEEM 2

10%

Traag





SYSTEEM 1

Snel

90%

AUTOMATISCHE
PILOOT



SYSTEEM 2

10%

Traag



SYSTEEM 1

Snel

90%

AUTOMATISCHE
PILOOT



SYSTEEM 2

10%

Traag

AUTHENTIEKE
PILOOT

D E N I A L

AIN'T JUST A RIVER IN EGYPT





**AUTHENTIEKE
PILOOT**





PILOOT



FOCUS IS HET NIEUWE GOUD

Steve Daponte
Better Minds



PILOOT

Stitsj.
Seamless wellbeing

BETTER MINDS



FOCUS IS HET NIEUWE GOUD

Steve Daponte
Better Minds

FOCUS

PILOOT



Stitsj.
Seamless wellbeing

BETTER MINDS



FOCUS

SINGLE
TASKING

ONTFOCUS

A hand holds a black camera lens in the foreground, framing a sharp image of a canal scene. The background is a blurred city street with trees and a church spire. The lens has text around its rim: "50MM", "PROTECTOR", and "MAGNA".

FOCUS

is het nieuwe IQ



DISTRACTIE





DISTRACTIE



TRACTIE

trahere



DISTRACTIE



TRACTIE

trahere



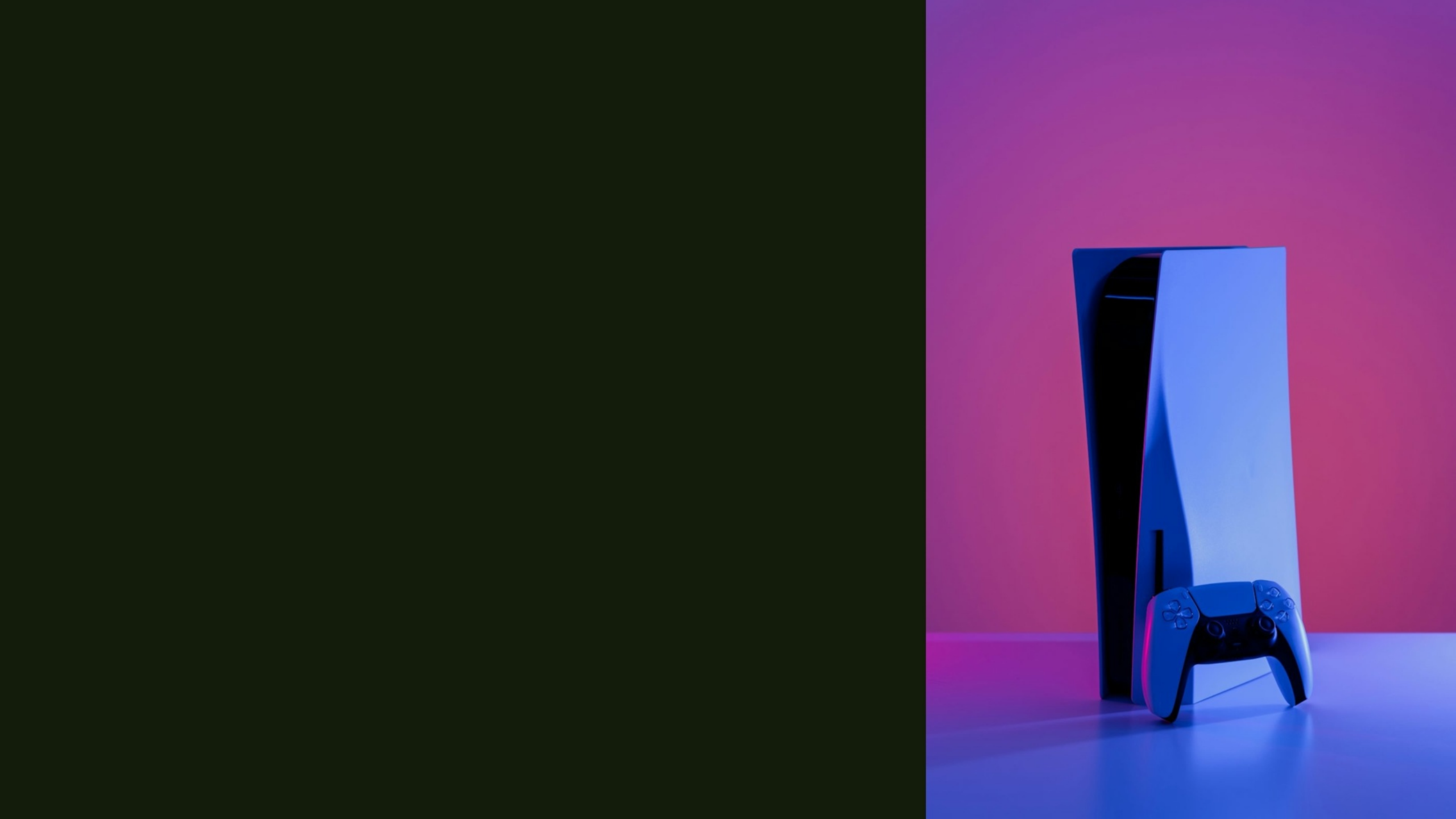
DISTRACTIE



TRACTIE



Afleiding
bestaat niet,
als je niet
weet
waarvan je
afgeleid
wordt.



Time you plan to waste,
is never wasted time.





An abstract composition of vibrant, overlapping paint splashes and splatters. The colors include deep red, bright pink, golden yellow, and dark black. The splatters are of various sizes and shapes, creating a dynamic and energetic visual. Some areas show a textured, almost crystalline quality, while others are smooth and glossy. The overall effect is one of intense, chaotic energy.

MULTITASKING

An abstract composition of vibrant paint splashes and droplets on a white background. The colors include deep red, bright pink, golden orange, and dark purple. The splashes are dynamic and layered, with some areas showing a mix of colors. Small, isolated droplets are scattered around the main clusters of paint.

SWITCH TASKING

- Switch cost effect

An abstract background featuring vibrant, overlapping splashes of paint in shades of red, pink, orange, and dark purple. The splashes are dynamic and fluid, creating a sense of movement and energy. The colors are rich and saturated, with some areas showing a glittery texture. The overall composition is centered and fills most of the frame, leaving some white space around the edges.

SWITCH TASKING

- Switch cost effect

- Screw up effect

An abstract background featuring vibrant, overlapping splashes of paint in shades of red, pink, orange, and dark purple. The splashes are dynamic and fluid, creating a sense of movement and energy. The colors are rich and saturated, with some areas showing a glittery texture. The overall composition is centered and fills most of the frame.

SWITCH TASKING

- Switch cost effect

- Screw up effect

- Daling creativiteit

An abstract background featuring vibrant, overlapping paint splashes in shades of red, pink, orange, and dark purple. The splashes are dynamic and fluid, creating a sense of movement and energy. The colors are rich and saturated, with some areas showing a glittery texture. The overall composition is visually striking and artistic.

SWITCH TASKING



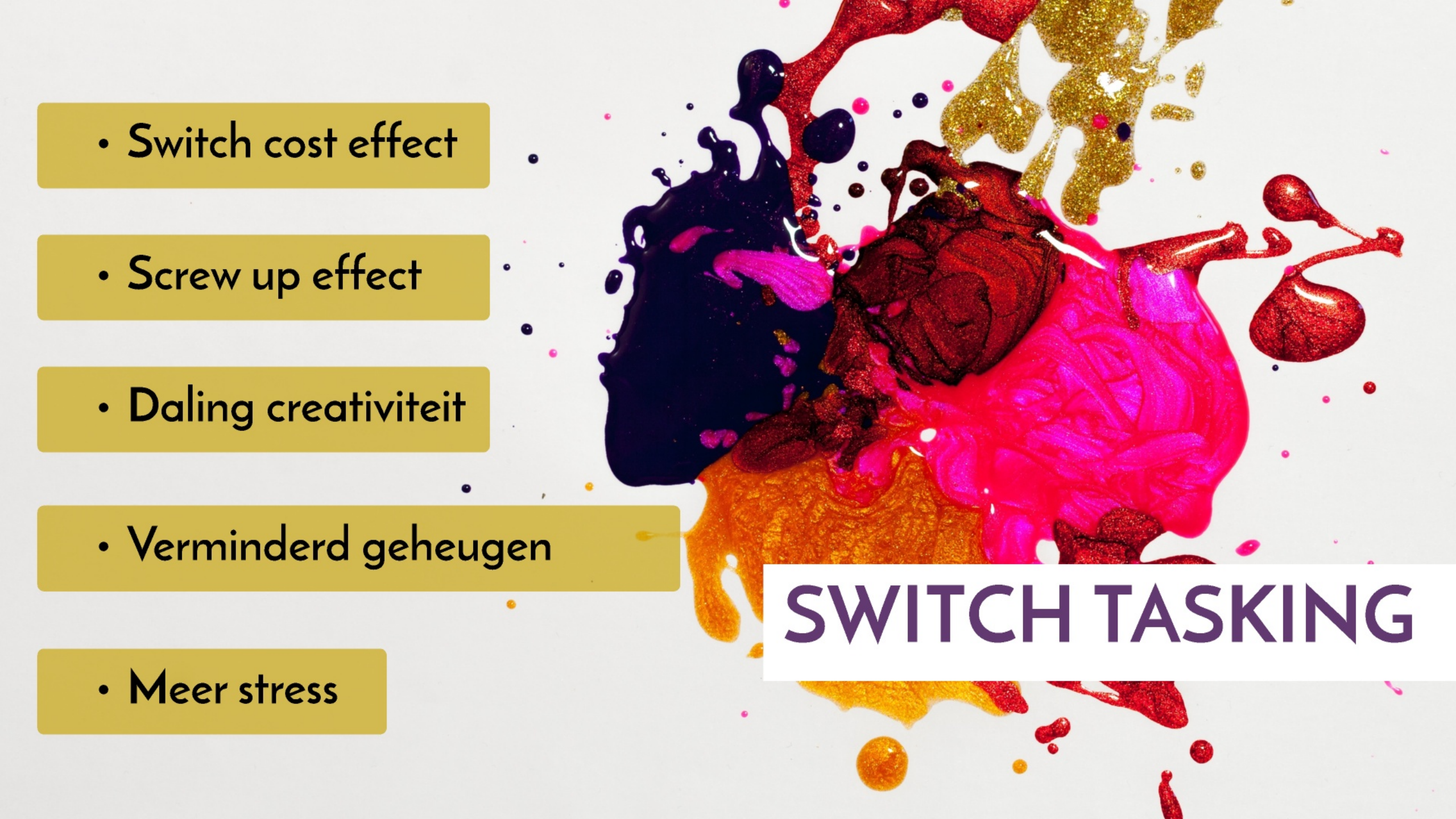
- Switch cost effect

- Screw up effect

- Daling creativiteit

- Verminderd geheugen

SWITCH TASKING



- Switch cost effect

- Screw up effect

- Daling creativiteit

- Verminderd geheugen

- Meer stress

SWITCH TASKING

40% van onze
werktijd wisselen we
van taken

Gloria Mark, University of Irvine, California

A man with a beard and glasses is sitting in a modern home office. He is wearing a white t-shirt and a grey and white striped cardigan. He is holding a black smartphone to his ear with his right hand and has his left hand on a laptop keyboard. The office has white shelves with books and a red lamp. A potted plant is on a side table to his right.

40% van onze
werktijd wisselen we
van taken

Kantoormedewerkers
zijn om de 3 minuten
afgeleid

Gloria Mark, University of Irvine, California



Microgewoontes





"When you are going
after an **elephant**,
don't get distracted
chasing **rabbits**."





Een cultuur van focus



A blue elephant?
100% FOCUS time

Please respect this
and give your colleagues
their focus time.

PS: Please leave the elephants at their desk. Don't take them home!





FOCUS

SINGLE
TASKING

ONTFOCUS

*Hoe kunnen we vertragen in
een wereld die steeds versnelt!?*





ONTFOCUS



ONTFOCUS



Verbanden leggen

ONTFOCUS



Verbanden leggen



Problemen oplossen, redeneren

ONTFOCUS



Verbanden leggen



Problemen oplossen, redeneren

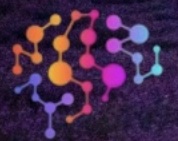


Creativiteit

ONTFOCUS



Verbanden leggen



Problemen oplossen, redeneren



Creativiteit



Mentaal tijdreizen

A close-up, high-angle shot of a wet cobblestone street at night. The stones are dark and reflective, with numerous small puddles of water scattered across their surfaces. The scene is illuminated by a mix of warm, golden-yellow light and cooler, blue-purple light, creating a vibrant, almost surreal atmosphere. The reflections of the lights on the wet stones are sharp and colorful, mirroring the ambient light. The perspective is looking down at the pavement, emphasizing the texture and the play of light and water.

Niet enkel een aandachtscrisis,
vooral een mindwanderingscrisis



Homeostasis

Laser

Open



Homeostasis

Laser

Convergerend

Open

Divergerend



Homeostasis

Laser

Convergerend

Blauw licht



Homeostasis

Open

Divergerend

Schemer

Laser

Convergerend

Blauw licht

Productiviteit



Open

Divergerend

Schemer

Creativiteit

Laser

Convergerend

Blauw licht

Productiviteit

Verbruik



Open

Divergerend

Schemer

Creativiteit

Opladen



FOCUS

SINGLE
TASKING

ONTFOCUS



FOCUS IS HET NIEUWE GOUD

Steve Daponte
Better Minds

FOCUS

PILOOT



Stitsj.
Seamless wellbeing

BETTER MINDS



FOCUS IS HET NIEUWE GOUD

Steve Daponte
Better Minds



FOCUS

CONNECTIE

PILOOT

Stitsj.
Seamless wellbeing

BETTER MINDS



CONNECTIE

AUTHENTICITEIT



JOUW AUTHENTICITEIT

3 vragen voor authenticiteit

The background of the slide features a complex, abstract pattern of overlapping, wavy lines in various shades of green and blue. The lines are thin and fluid, creating a sense of movement and depth. The overall color palette is cool and organic, with the green lines being more prominent on the left side and the blue lines more prominent on the right side.

3 vragen voor authenticiteit

1. Wat deed ik vandaag dat me energie gaf?

3 vragen voor authenticiteit

1. Wat deed ik vandaag dat me energie gaf?
2. Wat deed ik voor iemand anders dat gewaardeerd werd?

3 vragen voor authenticiteit

1. Wat deed ik vandaag dat me energie gaf?
2. Wat deed ik voor iemand anders dat gewaardeerd werd?
3. Wanneer voelde ik me echt in het hier en nu?



DISTRACTIE



TRACTIE

Wat verdient meer aandacht in jouw leven?



8

Aug 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

8

Aug 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

8

Aug 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 
7	8	9	10	11	12 	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

8

Aug 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 
7	8	9	10	11	12 	13
14	15	16	17	18	19 	20
21	22	23	24	25	26	27
28	29	30	31			

8

Aug 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6 
7	8	9	10	11	12 	13
14	15	16	17	18	19 	20
21	22	23	24 	25	26	27
28	29	30	31			





CONNECTIE als een TRIBE



THE MARUBO TRIBE



THE MARUBO TRIBE









TOEKOMST van WERK/LEVEN



TOEKOMST van WERK/LEVEN

Focus is
het nieuwe IQ



TOEKOMST van WERK/LEVEN

Focus is
het nieuwe IQ

Connectie is het
nieuwe EQ





CONNECTIE

AUTHENTICITEIT



FOCUS IS HET NIEUWE GOUD

Steve Daponte
Better Minds



FOCUS

CONNECTIE

PILOOT

Stitsj.
Seamless wellbeing

BETTER MINDS





Wat ga JIJ doen in
de volgende 48 uur?



Das Leben ist kein Ponyhof

ELKE GERAERTS



FOCUS IS HET NIEUWE GOLD

Efficiënt werken en stressvrij leven
in een wereld vol afleiding

Lannoo



steve.daponte@betterminds.com

www.bettermindsatwork.com

Stitsj.
Seamless wellbeing

BETTER MINDS 



FOCUS IS HET NIEUWE GOUD

Steve Daponte
Better Minds



FOCUS

CONNECTIE

PILOOT

Stitsj.
Seamless wellbeing

BETTER MINDS

Take this with you. Revisit anytime.

Missed something? Want to explore further?
Scan or click below to open this presentation.
Anytime, anywhere.

[View presentation](#)

