



Hartcoherentie

Op de werkvloer

Rudi Thoelen

FULFIL

Fulfil your ambitions,
feed your identity

60



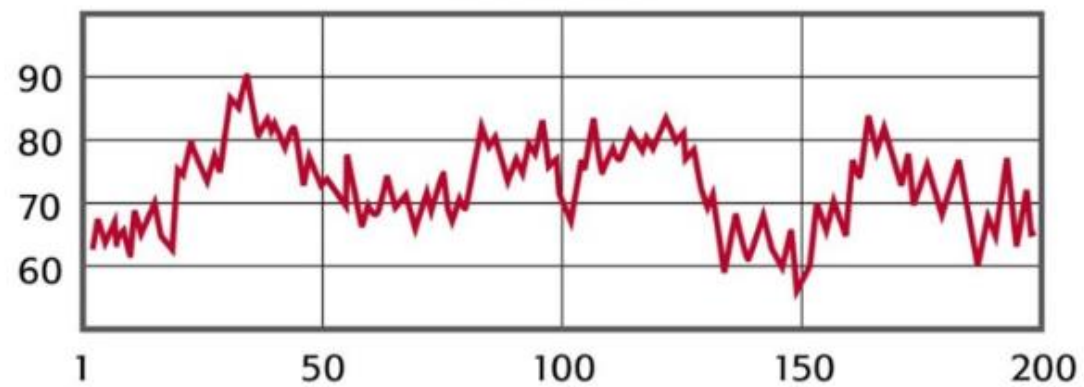


Waarom je ademhaling zo belangrijk is

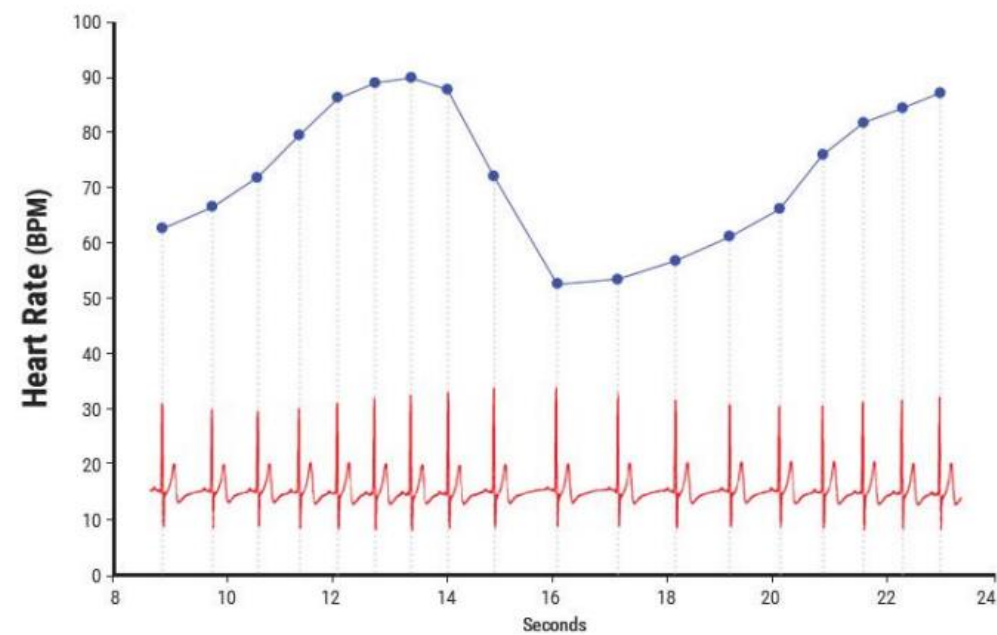
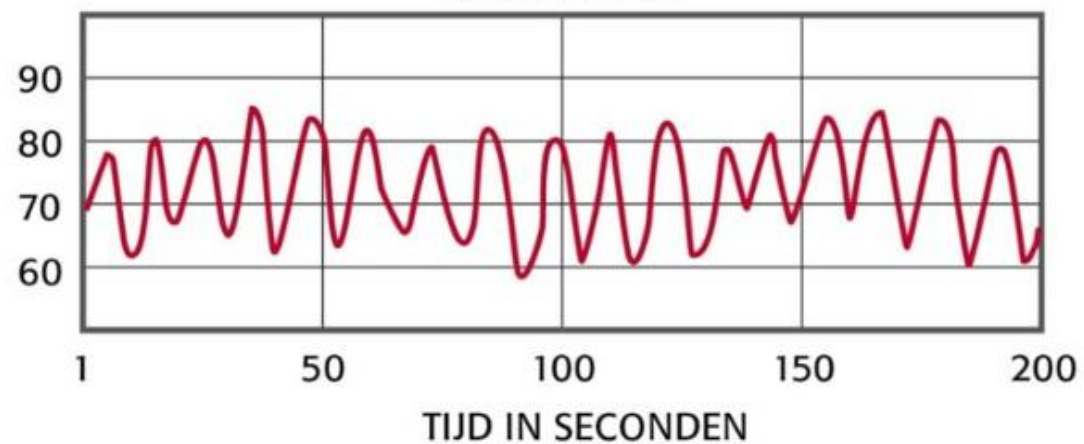
Hartcoherentie in een notendop

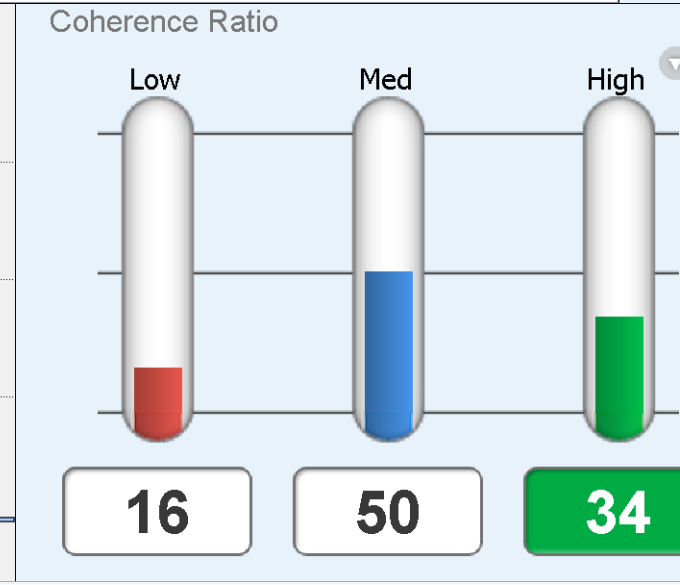
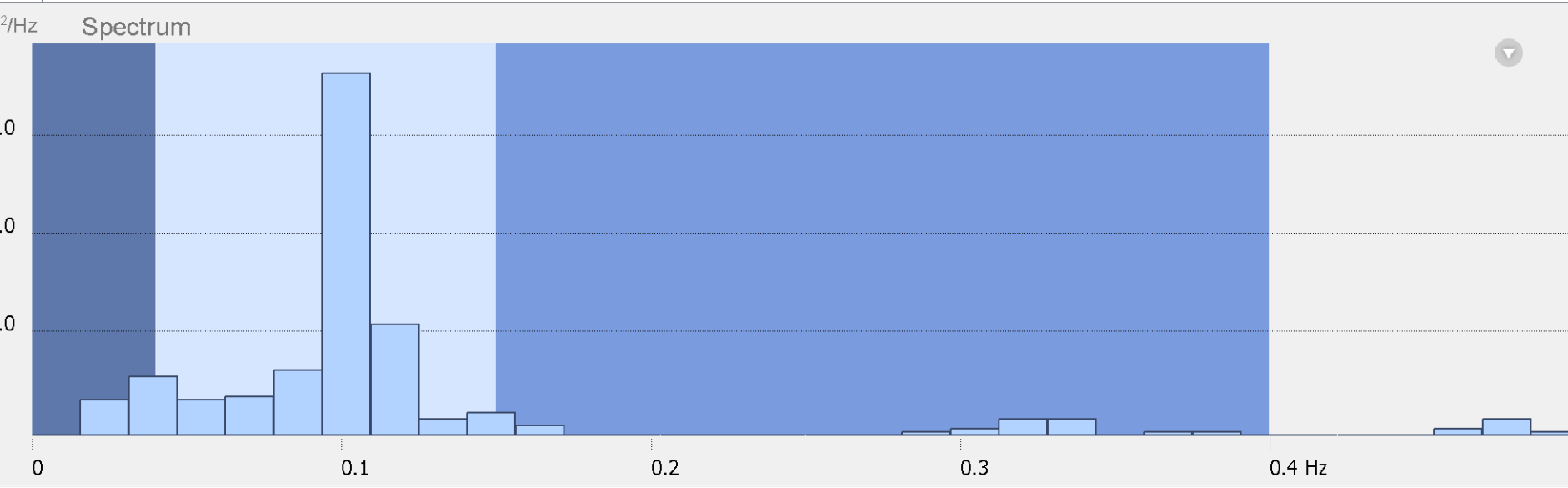
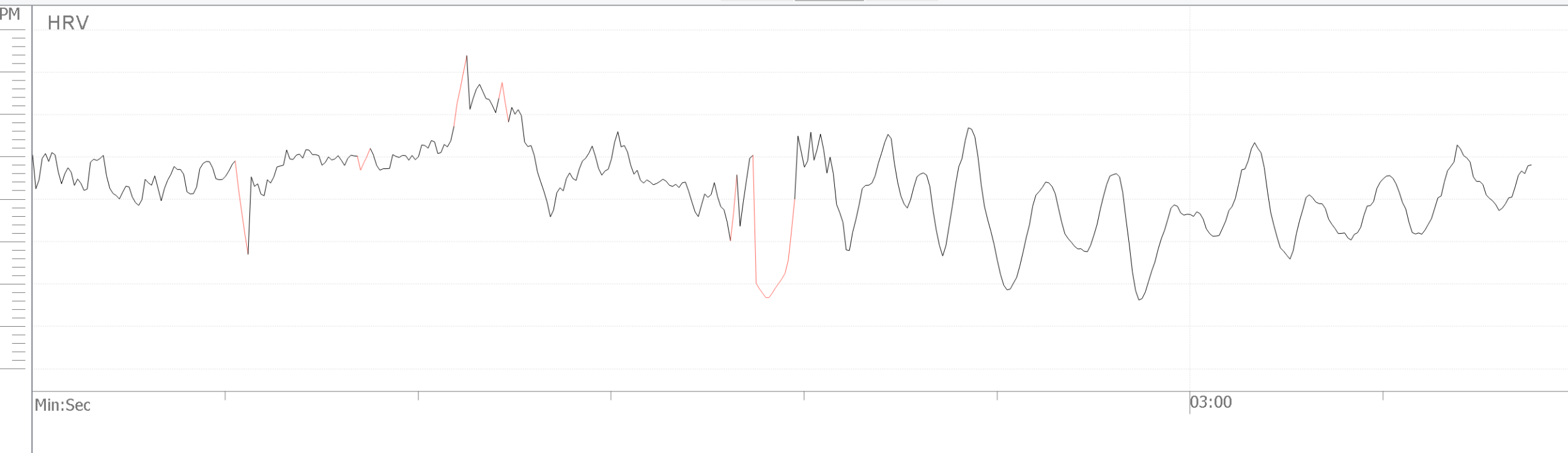


FRUSTRATIE



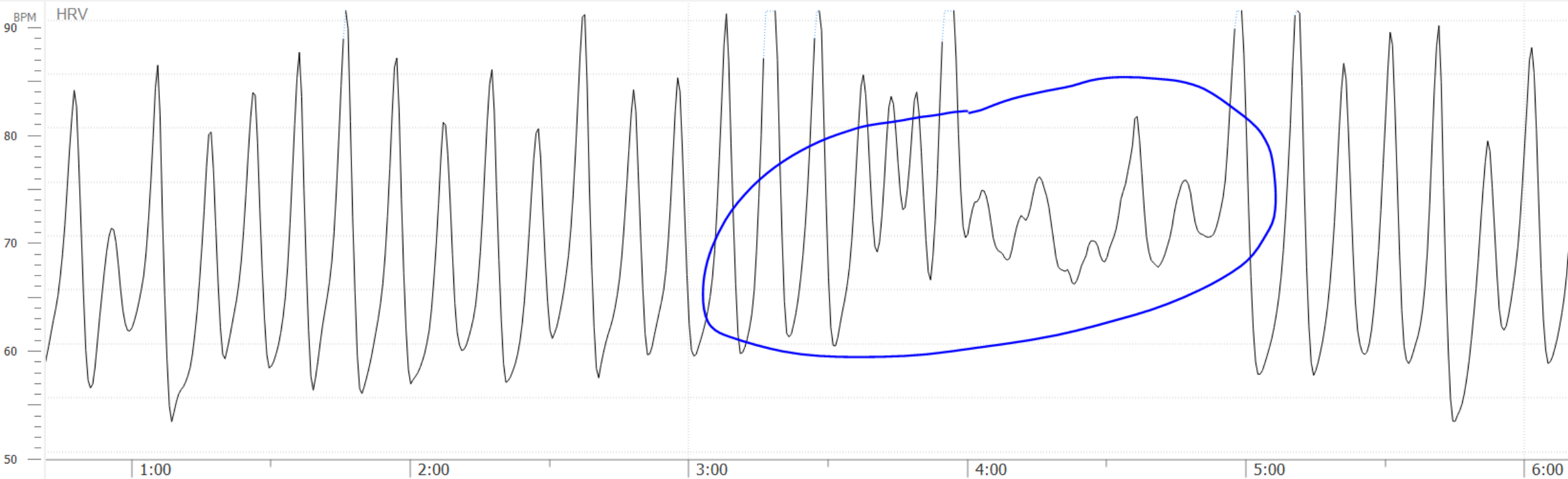
WAARDERING



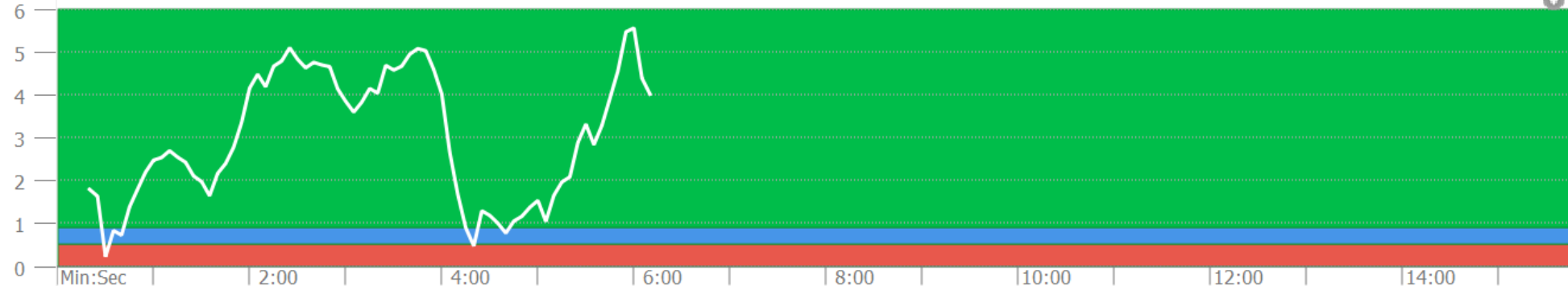


Rudi

Challenge: Low



Score Coherence Over Time



Coherence Ratio

Low

Med

High



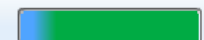
50%

0

1

7

92



4.0

215

00:06:30

66

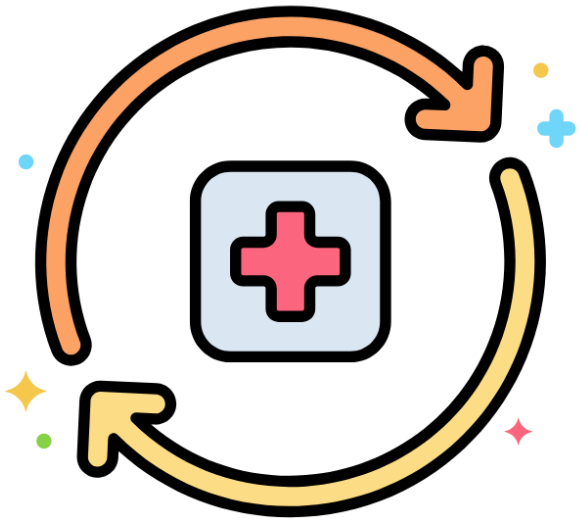


Wat kan hartcoherentie voor jou betekenen?



- Een gelukkige medewerker
- Een gezonde medewerker
- Een productieve medewerker
- Een veerkrachtige medewerker

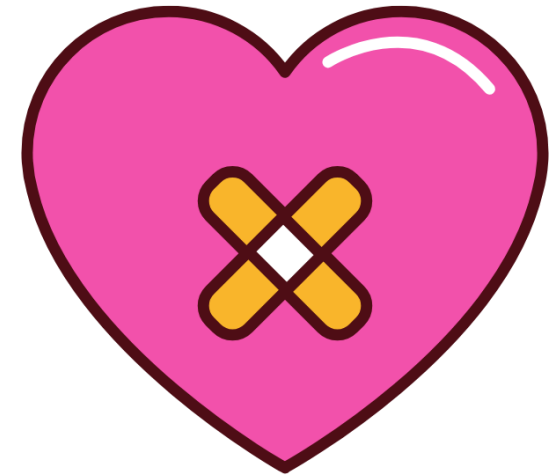
Toepassingen



Pro-actief



In de actie

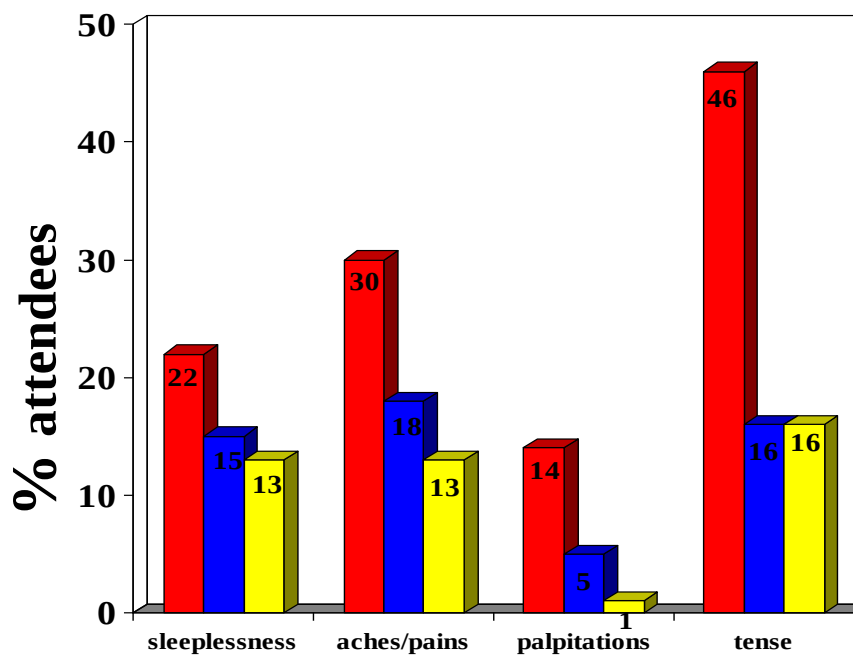
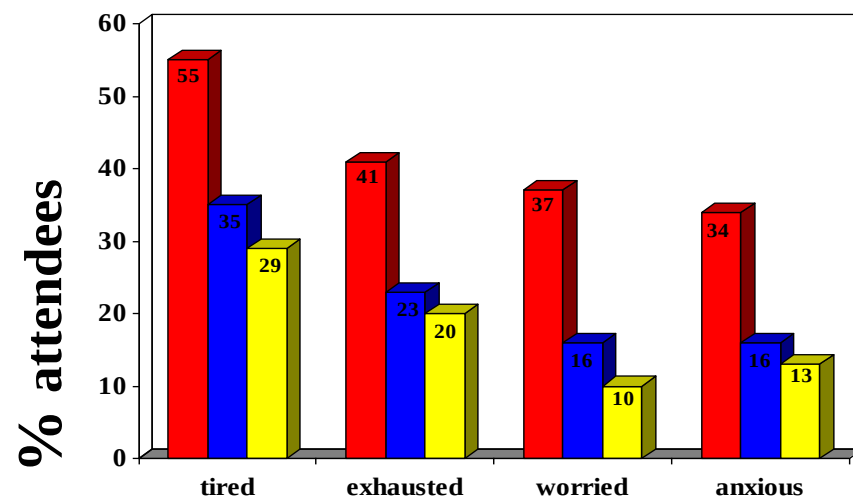


Recuperatie

Investering



n=500



RESULTS





CONTACT



Rudi@fulfil.be



0495-283747



www.FulFil.be



rudithoelen

STAND: S07

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