

STERKER DOOR STRESS

*“Hoe acute stressprikkels
je leiderschapskwaliteiten
verhogen”*



**BUILT FOR
ENDURANCE**









BIOMETRISCHE METINGEN



INTENSE ERVARINGEN IN DE NATUUR



**BUILT FOR
ENDURANCE**

LEEFSTIJL INTERVENTIES

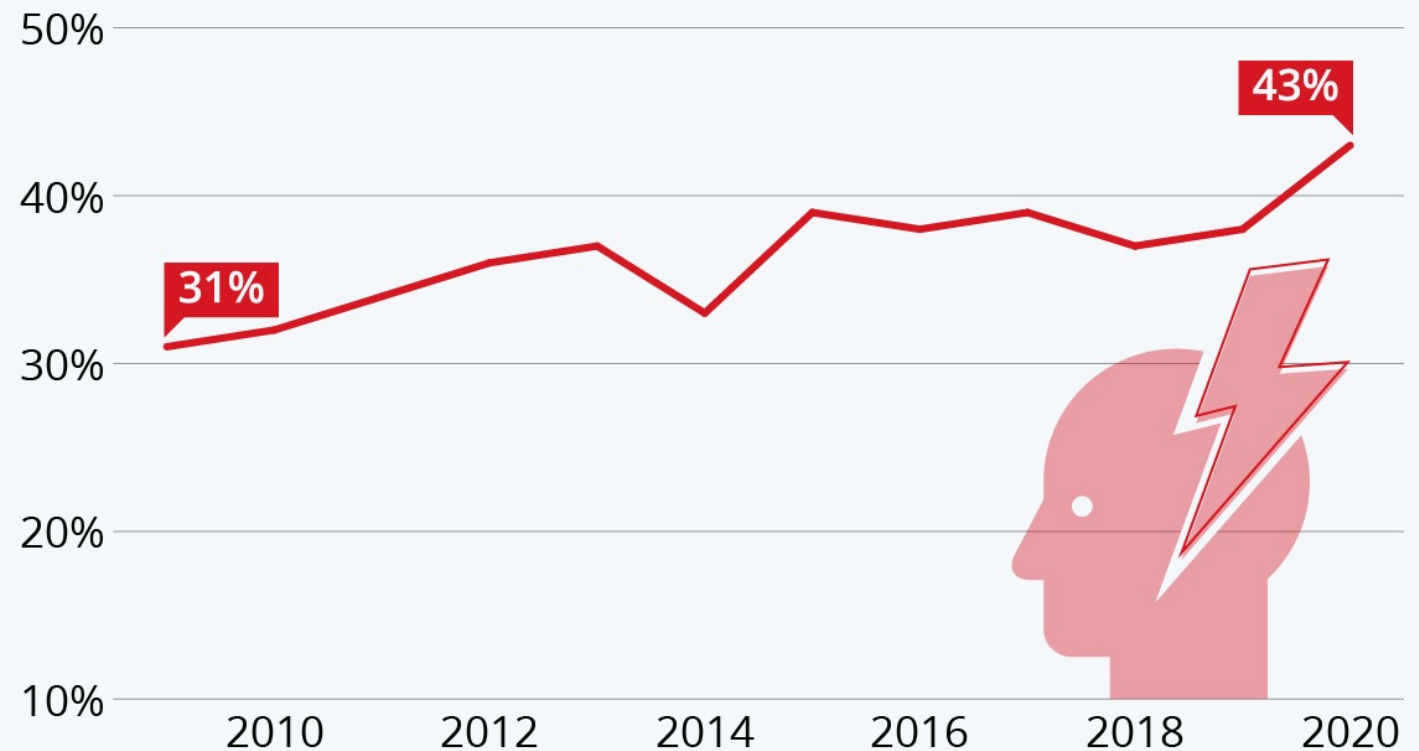


Stress
Stress
Stress

...

Employees Increasingly Under Stress

Share of employees saying they experienced feelings of stress a lot of the previous day



Based on surveys of at least 1,000 employees in >100 countries.

Source: Gallup





“Managers rapporteren meer stress & burnout, slechtere fysiek welzijn en een slechtere werk-leven balans dan de mensen waar ze leiding over geven.”()*

Overladen met meetings

Managen van verandering

“Caught in the middle”

Overladen met administratieve taken

Communicatie top-down & bottom-up

Verantwoordelijkheden van strategie tot executie

(*) Surveys conducted by Gallup in 2020 and 2021

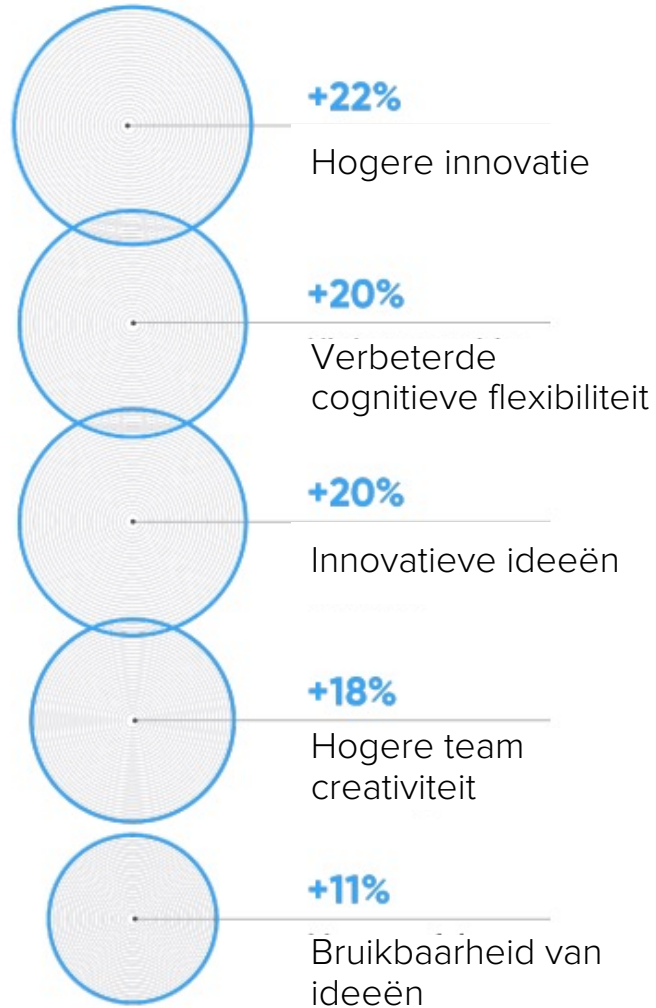
WIE
ZORGT
VOOR DE
LEIDER?





VAN VERLOREN
NAAR
VEERKRACHTIG

I Veerkracht levert een innovatie voordeel

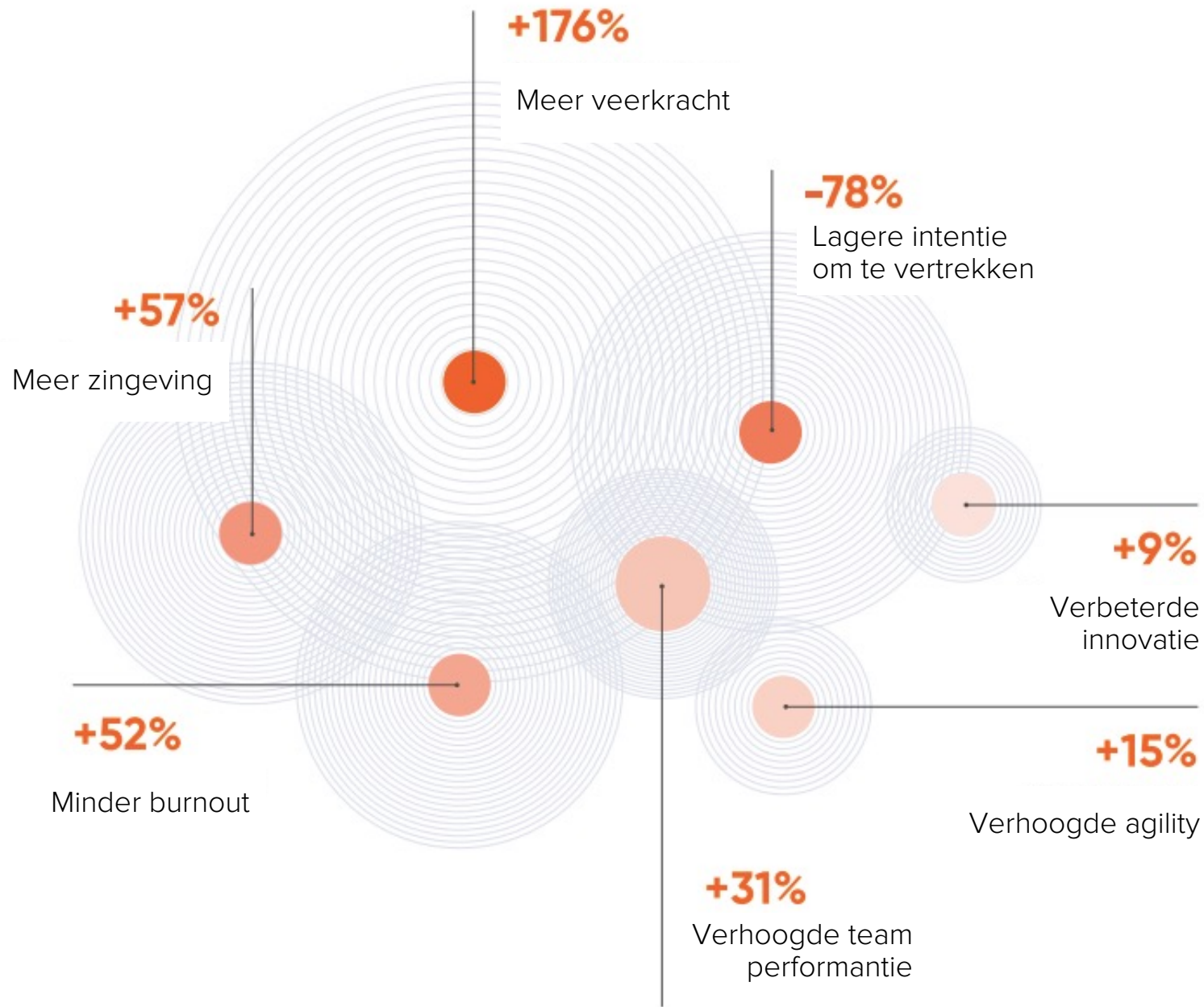


I Veerkrachtige leiders investeren in relaties



DE VOORDELEN VAN VEERKACHT





...EN DE IMPACT OP HET TEAM



RESULTATEN

**ONZE FYSIOLOGIE VORMT
DE BASIS VAN ONZE
RESULTATEN**

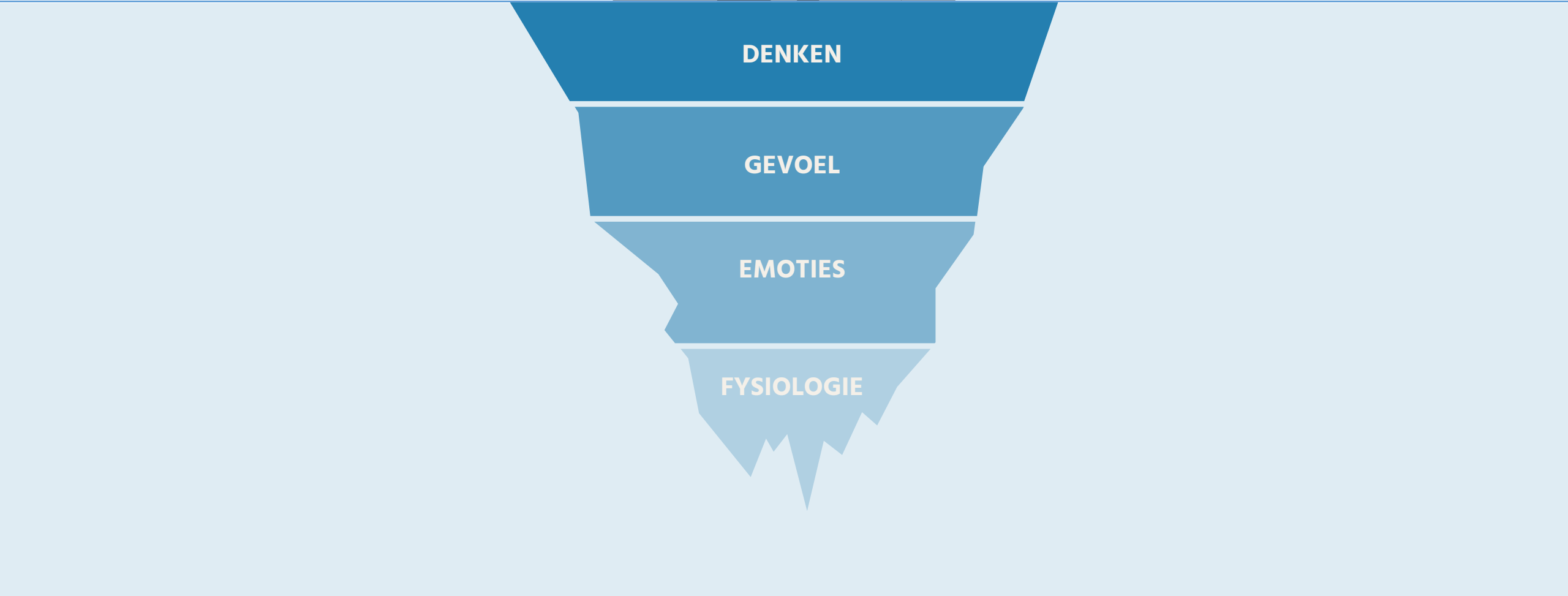
GEDRAG

DENKEN

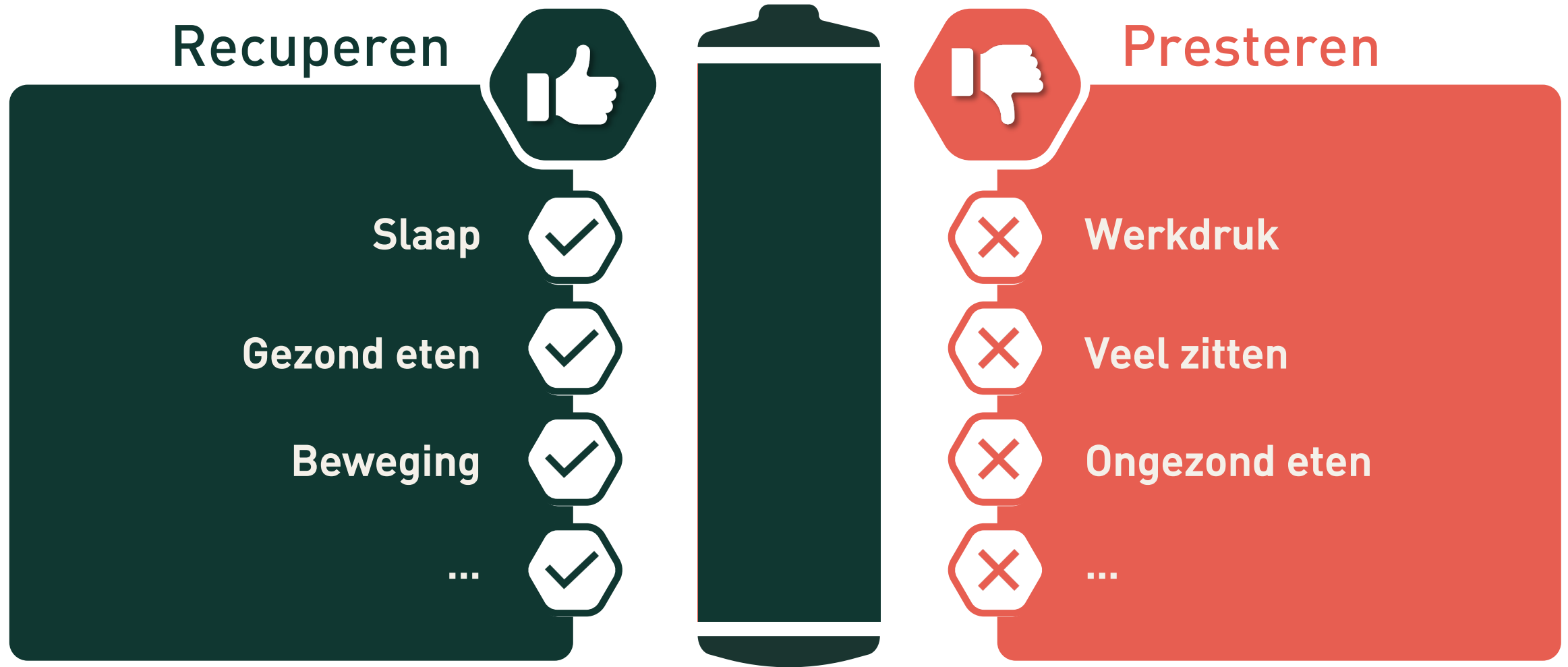
GEVOEL

EMOTIES

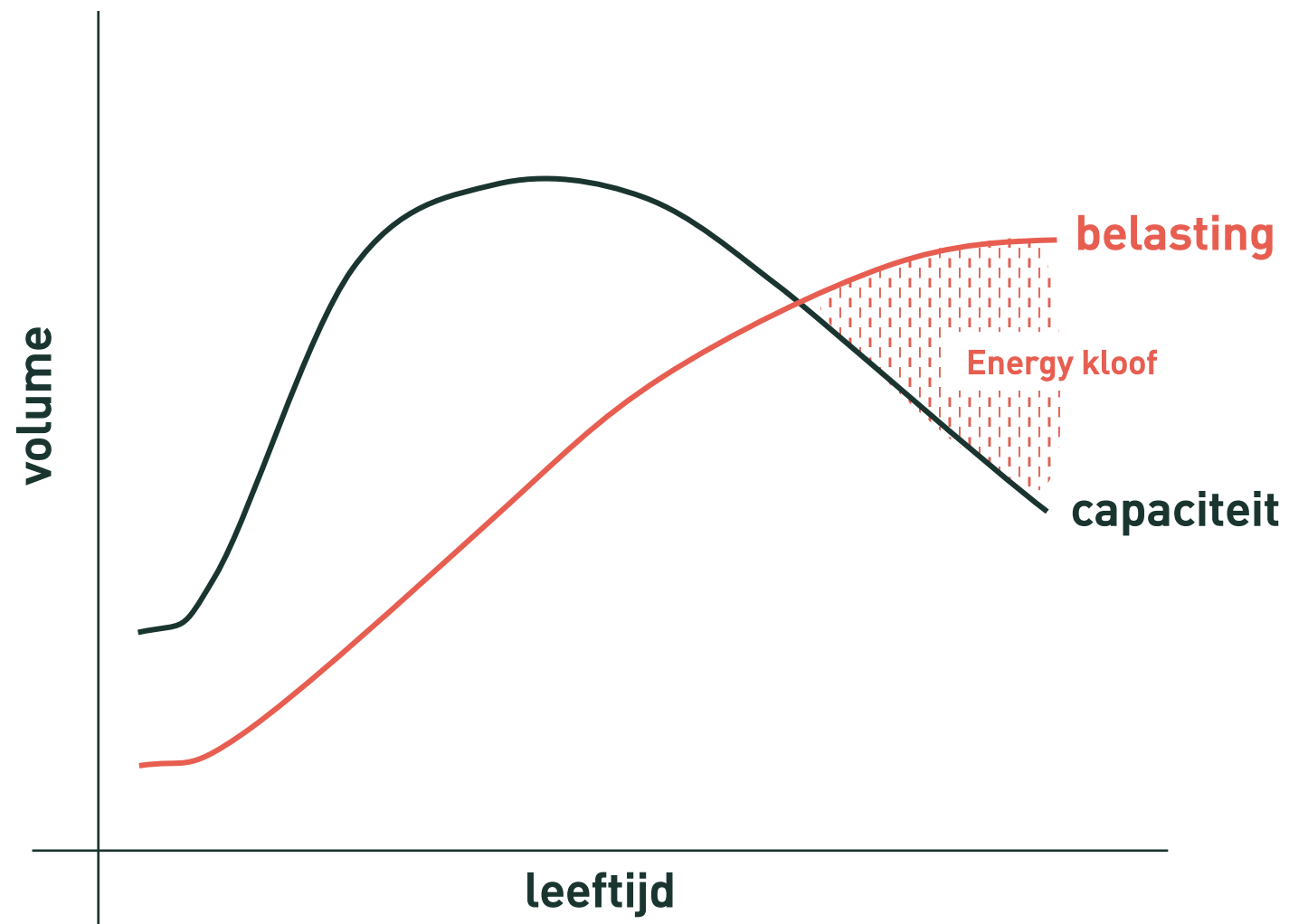
FYSIOLOGIE



It's all about managing your energy...



Use it or
lose it...

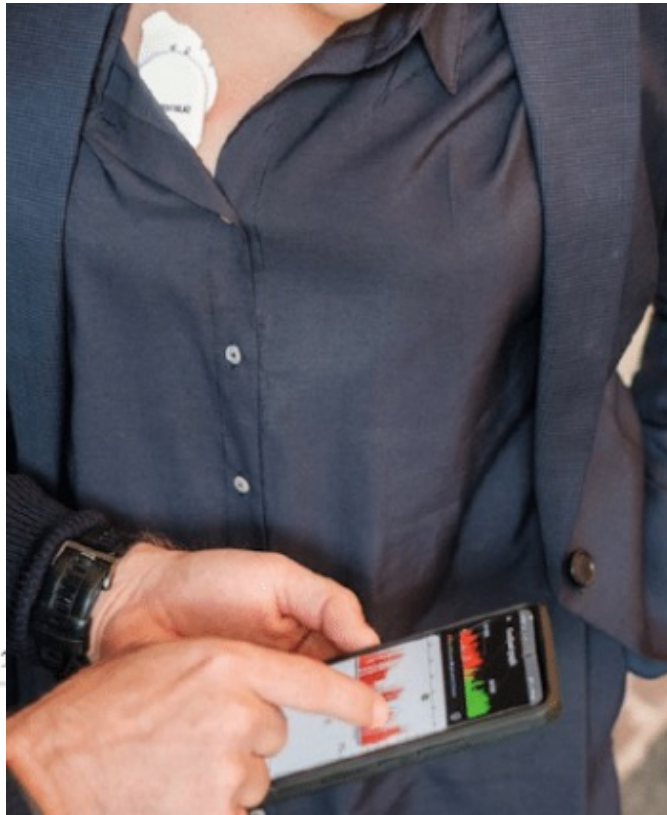


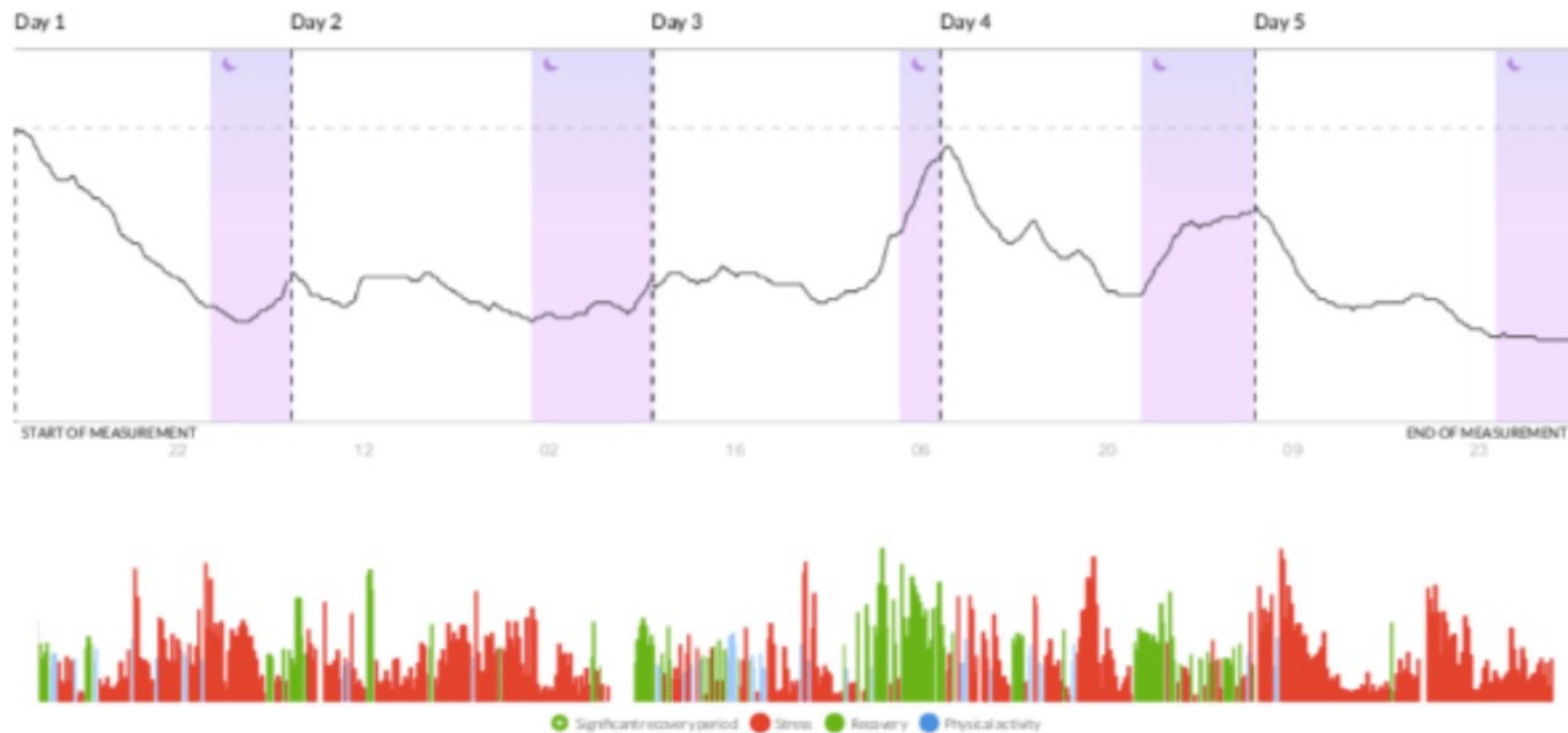
RECUPEREREN



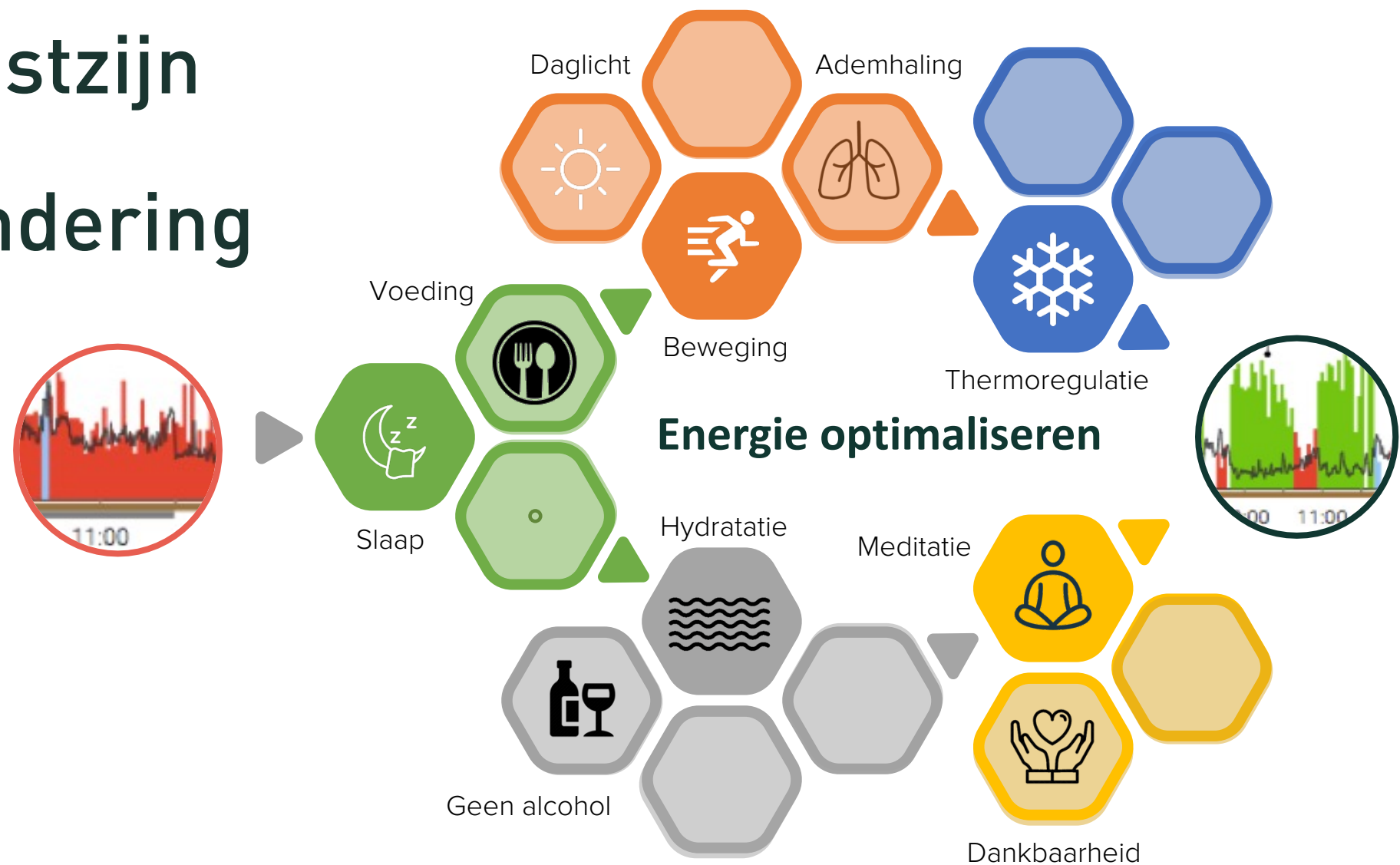
PRESTEREN

Van inzicht naar bewustzijn





Van bewustzijn naar verandering



STRESS BESTRIJDEN MET STRESS?

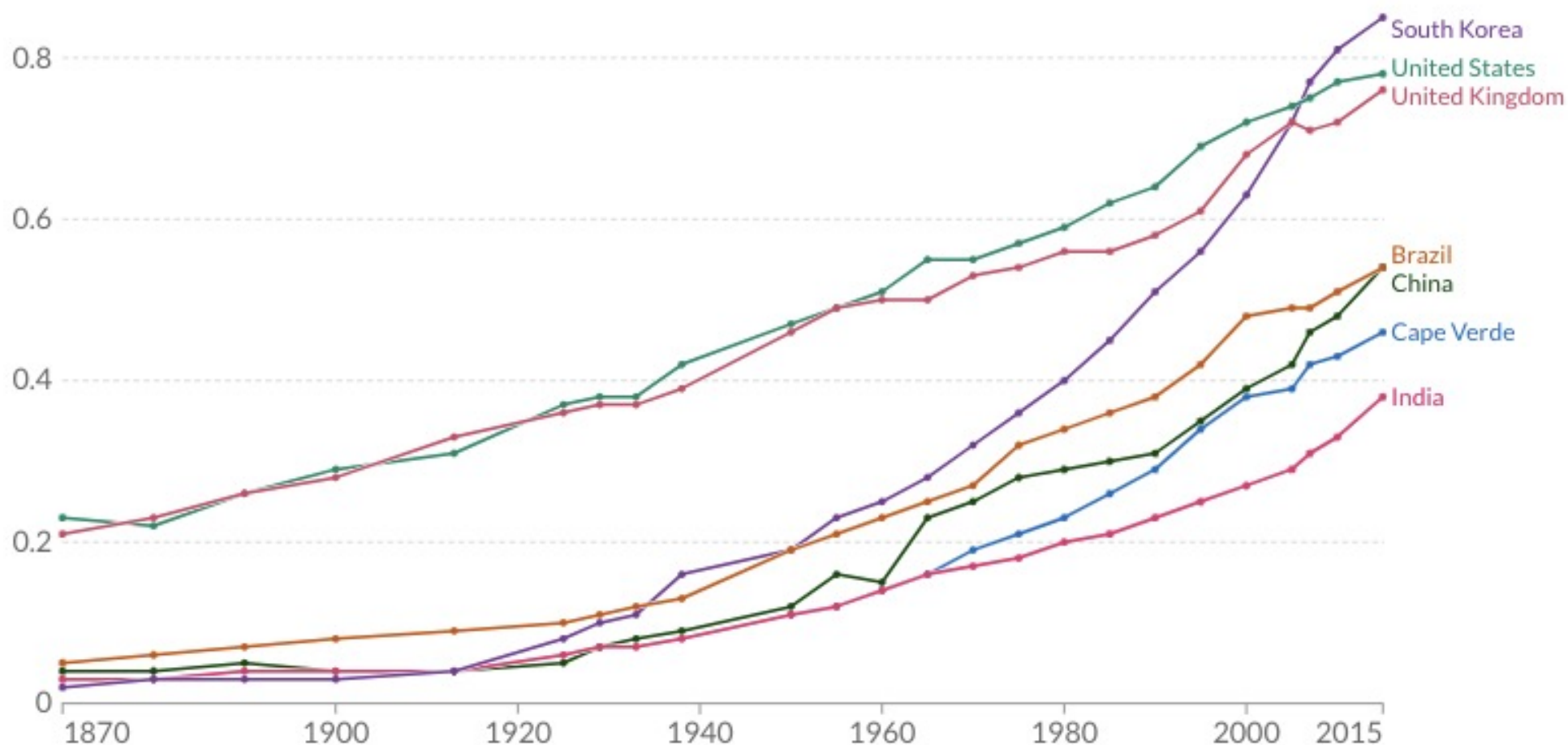




Historical Index of Human Development, 1870 to 2015

The Historical Index of Human Development (HIHD) is a summary measure of average achievement in three key dimensions of human development: a long and healthy life, being knowledgeable and having a decent standard of living.

[+ Add country](#)



Source: Prados de la Escosura (2018)

OurWorldInData.org/human-development-index • CC BY







VS



Het opnieuw aanbieden van acute, evolutionair bekende, positieve stressprikkelers, om onszelf te beschermen tegen chronische, evolutionair onbekende, moderne stressoren.



Homo sapiens



**Homo fragilis
domesticus**

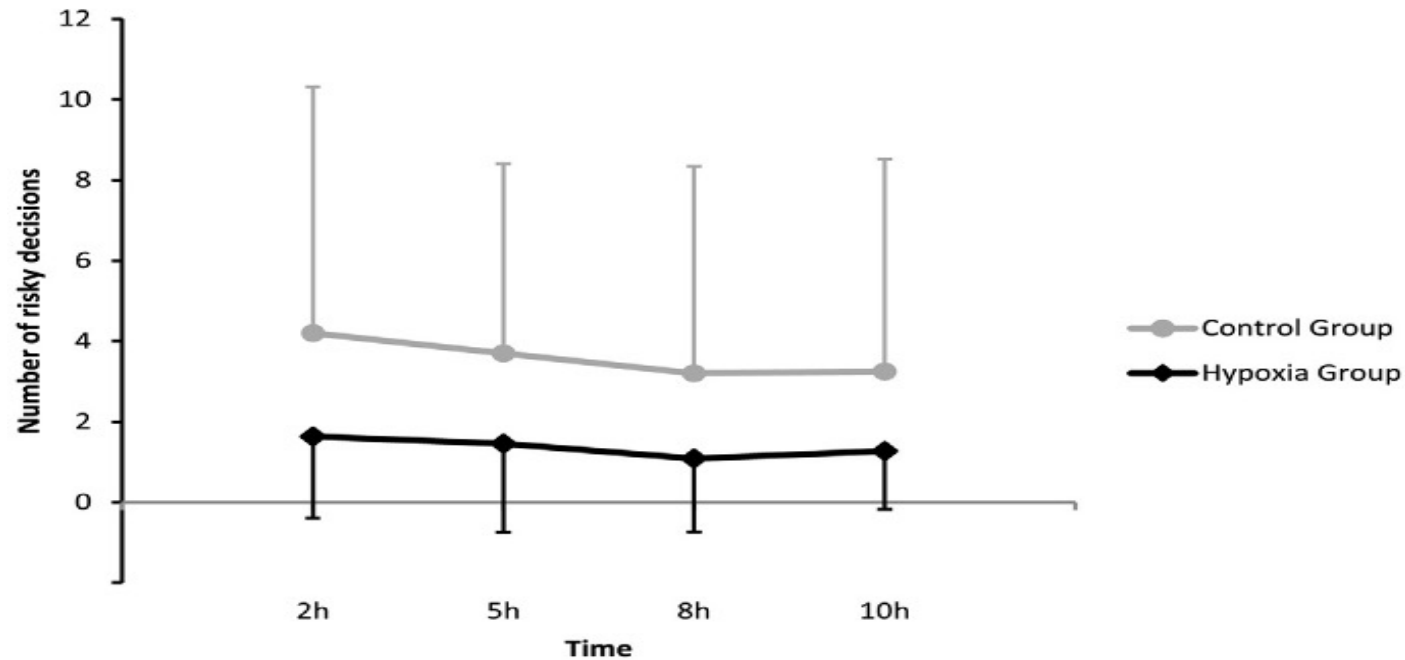


Homo sapiens





Intermitterende hypoxia



Blootstelling aan hypoxie verbetert beslissingen tijdens stressvolle momenten

Is decision making in hypoxia affected by pre-acclimatisation? A randomized controlled trial; Niedermeier. 2017.



Intermitterende hypoxia



- 30x snel in/uit+ maximaal adem inhouden
- 20x snel in/uit+ maximaal adem inhouden
- 10x snel in/uit+ maximaal adem inhouden



BIOMETRISCHE METINGEN



INTENSE ERVARINGEN IN DE NATUUR



**BUILT FOR
ENDURANCE**

LEEFSTIJL INTERVENTIES



Nog meer proeven van Built For Endurance?



Lieven Van Linden

Helping leaders optimize performance & recovery through ...



Voeg me toe op
Linkedin voor meer
tips en advies



Bezoek ons (S35) en
win 1 van de 3
biometrische
assessments +
coaching



Download onze
whitepaper (EN) over
veerkrachtig leiderschap



**BUILT FOR
ENDURANCE**



“Man cannot remake
himself without
suffering, for he is
both the marble and
the sculptor”

- Alexis Carrel