

How to surf the wind of change...

L&D proeverijen

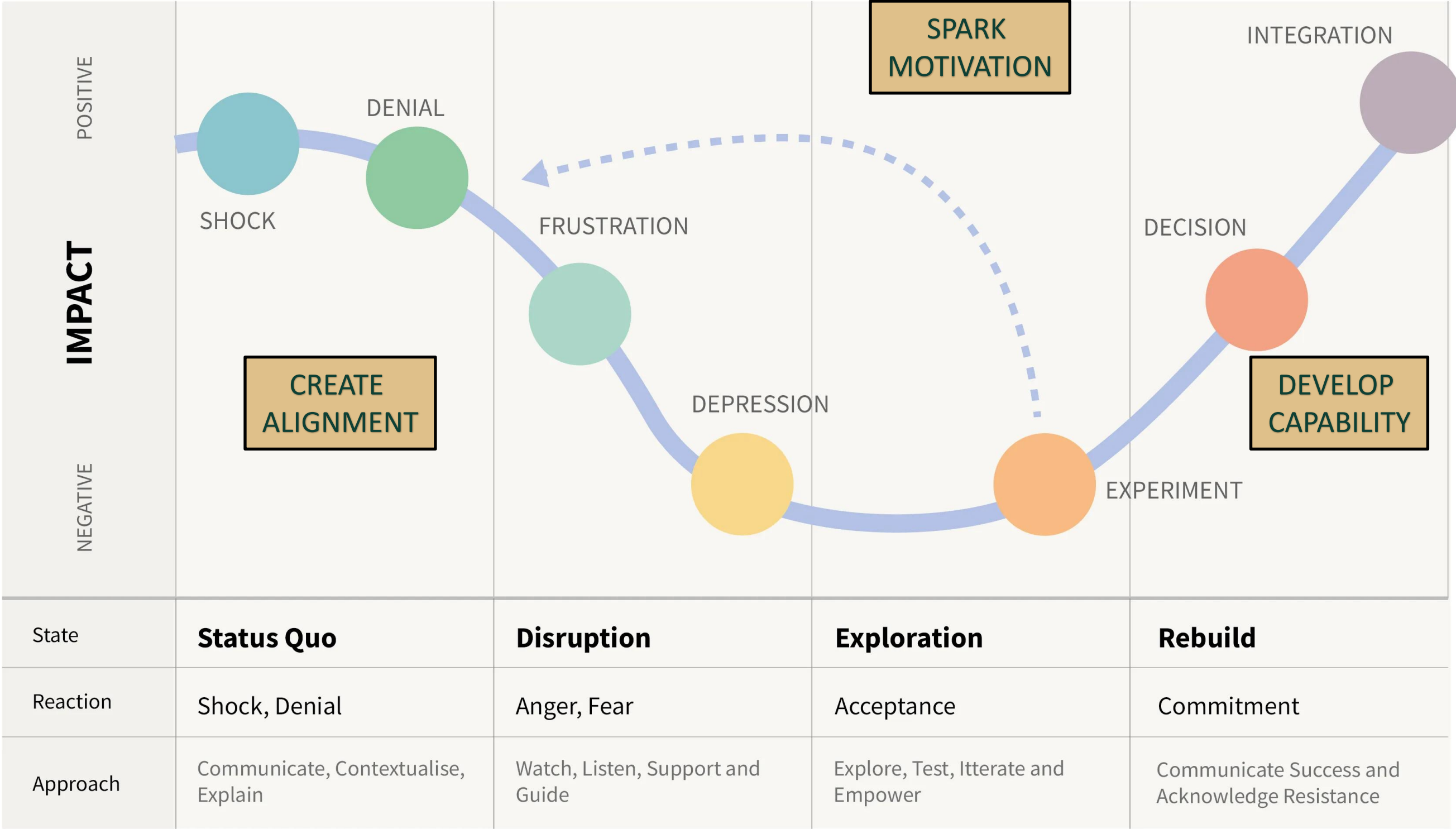
29-01-'26

Spreker: Brecht Buysschaert

70% . . .



Elisabeth Kübler-Ross Change Curve



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MAXIMIZE
COMMUNICATION

More tools, guides and support at mutomorro.com, change for good.

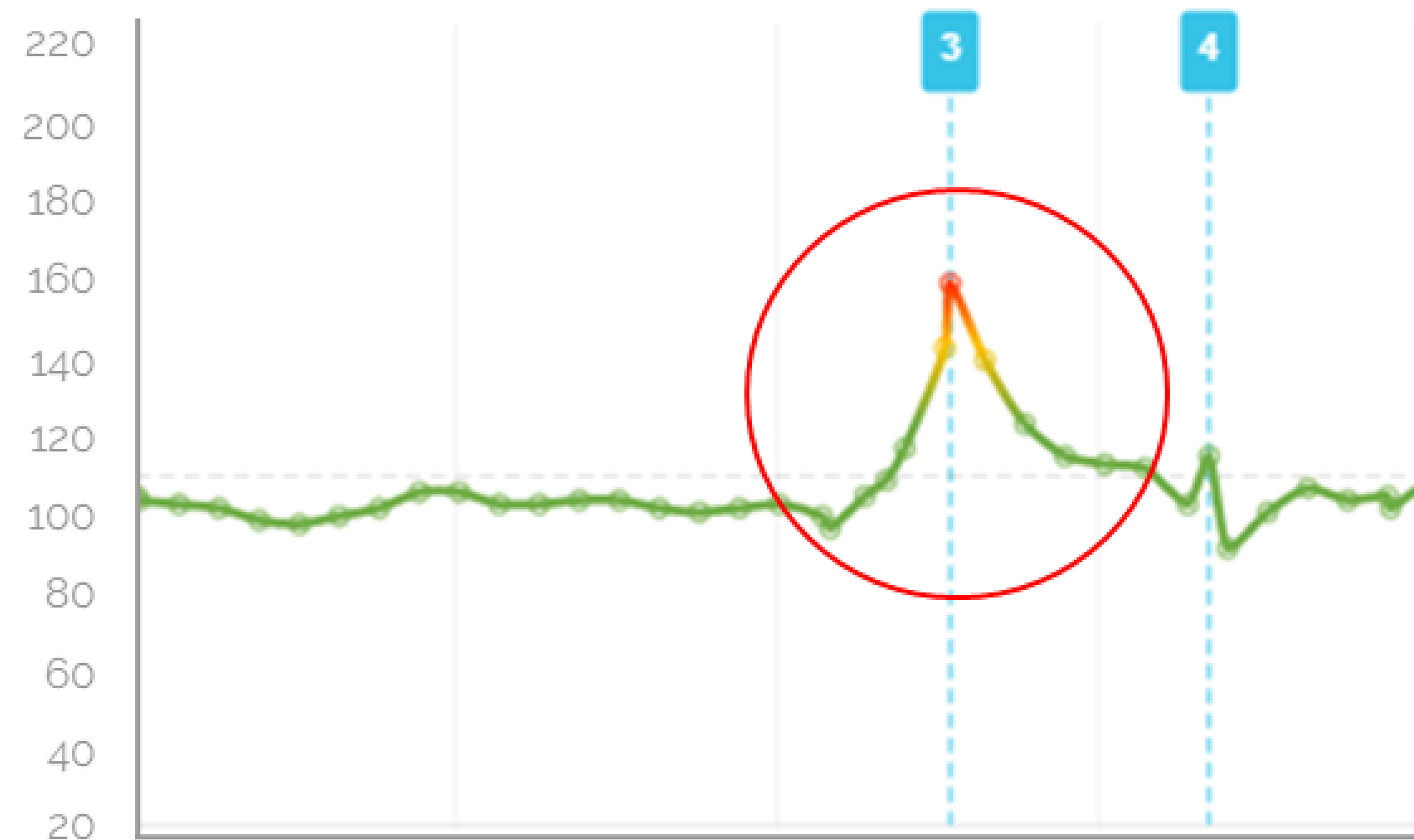


“Verandering mislukt
zelden door
weerstand.
Ze mislukt door
vermoeidheid.”

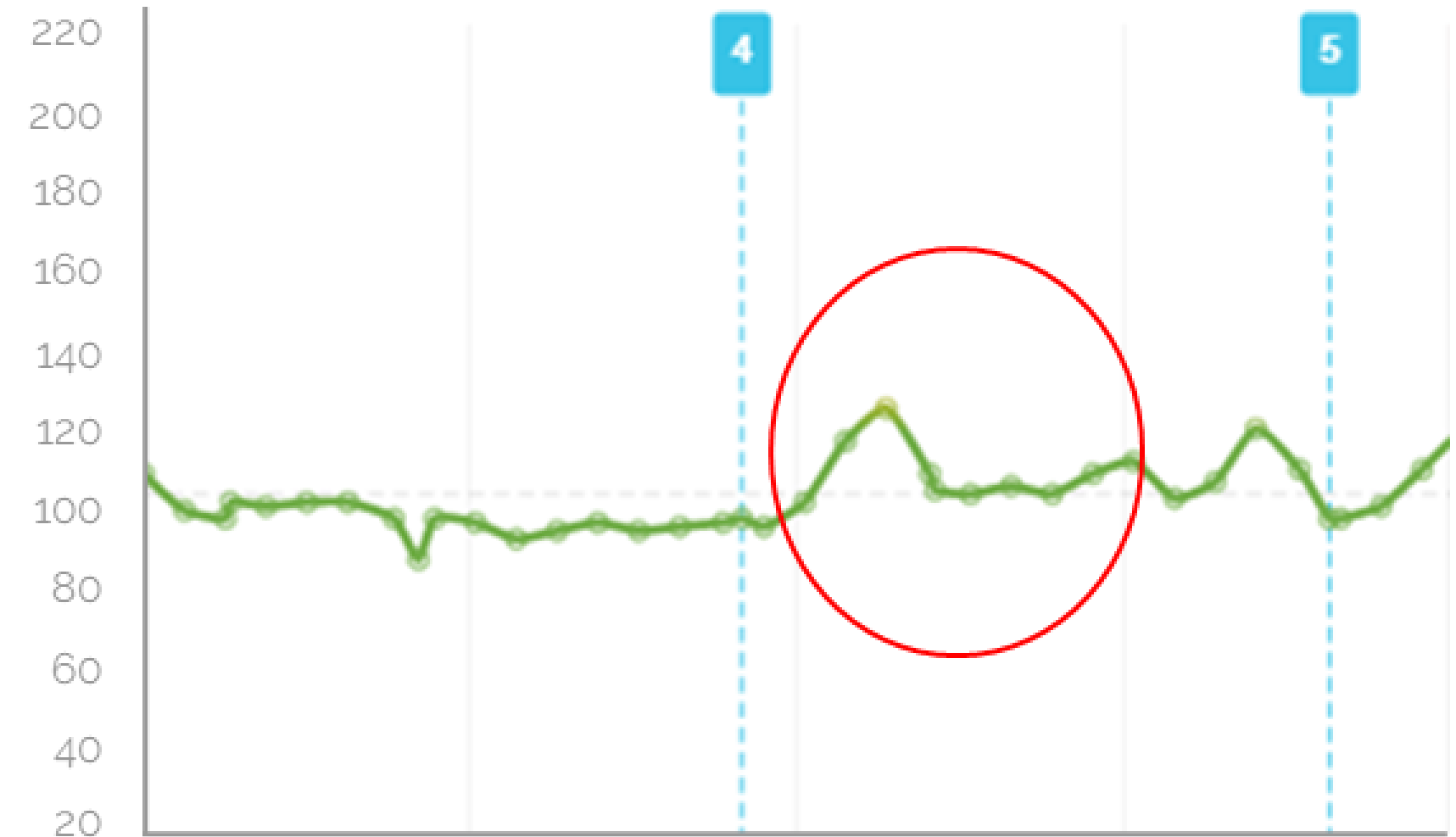




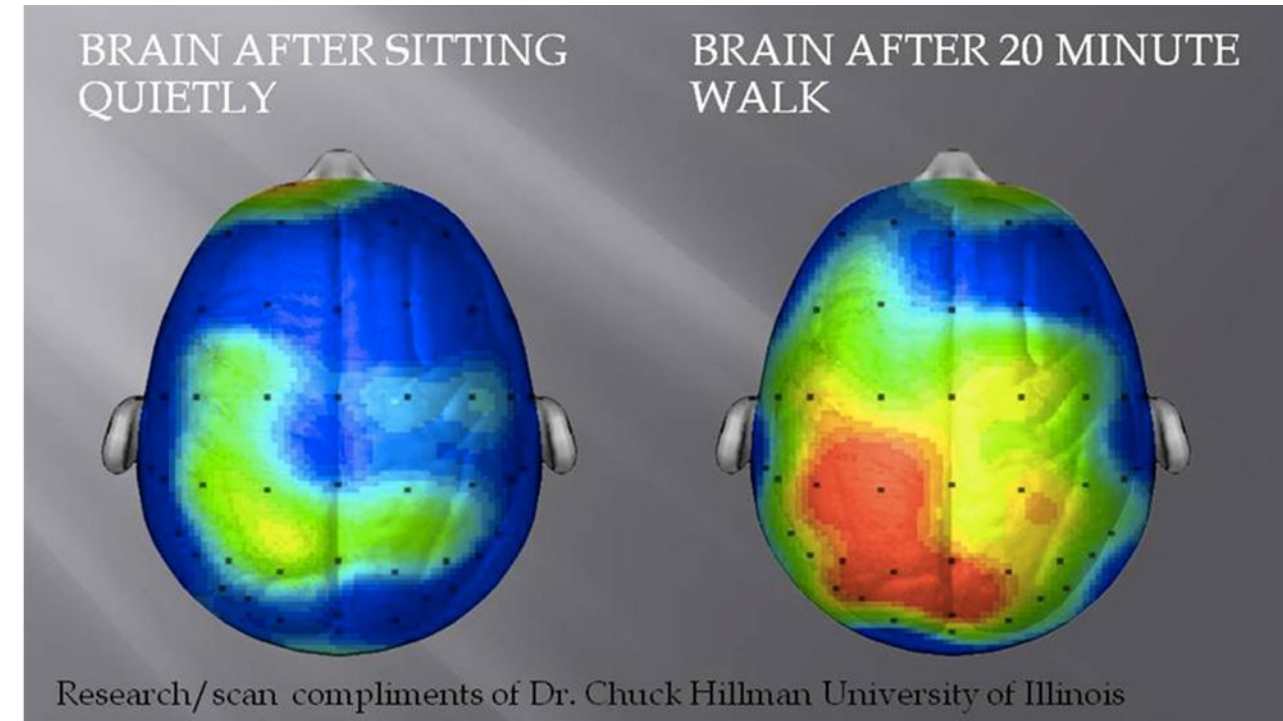
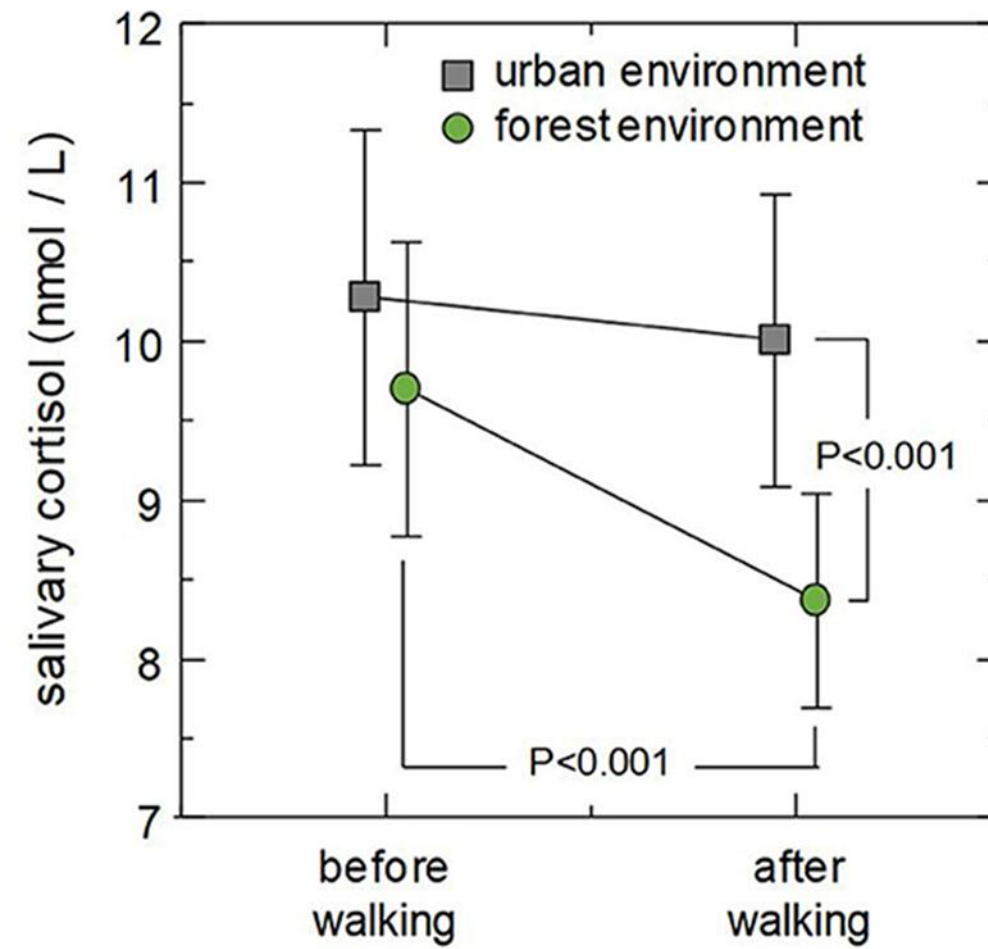
Gebraden kip, frieten en groenten, eerst frieten



Eerst vooral groenten en kip, dan frieten







Stanford study finds walking improves creativity

Stanford researchers found that walking boosts creative inspiration. They examined creativity levels of people while they walked versus while they sat. A person's creative output increased by an average of 60 percent when walking.

60%



WE SPEND



%

of

OUR TIME
INDOORS¹



OUTDOORS¹



Biophilic design
In healthcare



The Isolator

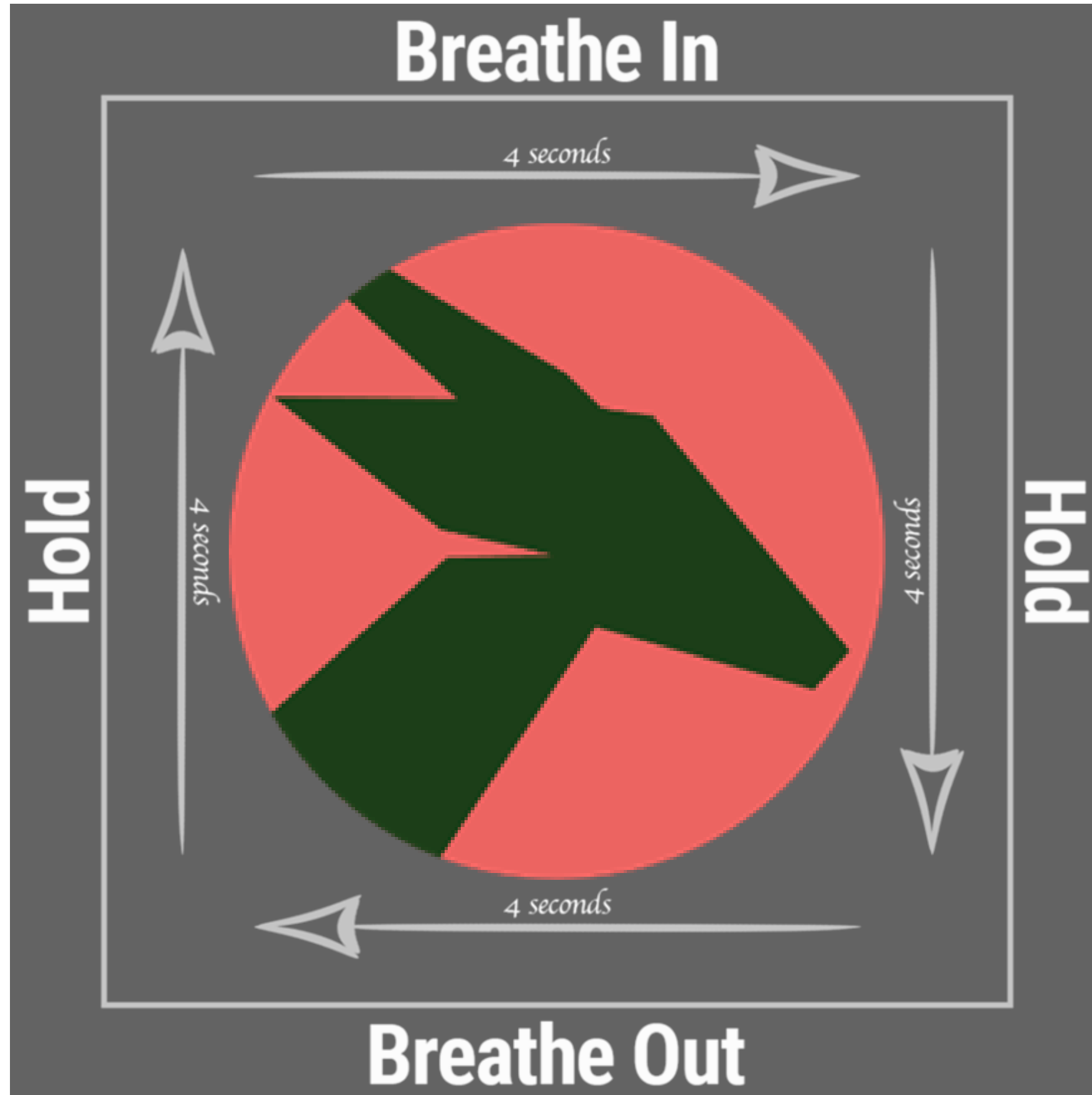
By HUGO GERNSBACK

MEMBER AMERICAN PHYSICAL SOCIETY



The author at work in his private study aided by the Isolator. Outside noises being eliminated, the worker can concentrate with ease upon the subject at hand.





Overall score



Fairly Good

Your overall score was fairly good.
Your measurement included
several elements that support
your health and well-being. Good
work!

Wellness categories

⚡ Stress & Recovery

59 / 100 Fairly Good

Day Results



Your stress and recovery balance
were good on one day. Let's aim
for more of these kinds of days!
Try to think about what you did
that day to boost recovery.

🌙 Sleep

66 / 100 Fairly Good

Day Results



The restorative effect of sleep was
good on one day. Try to identify
what you did then to build good
habits!

🏃 Physical activity

38 / 100 Moderate

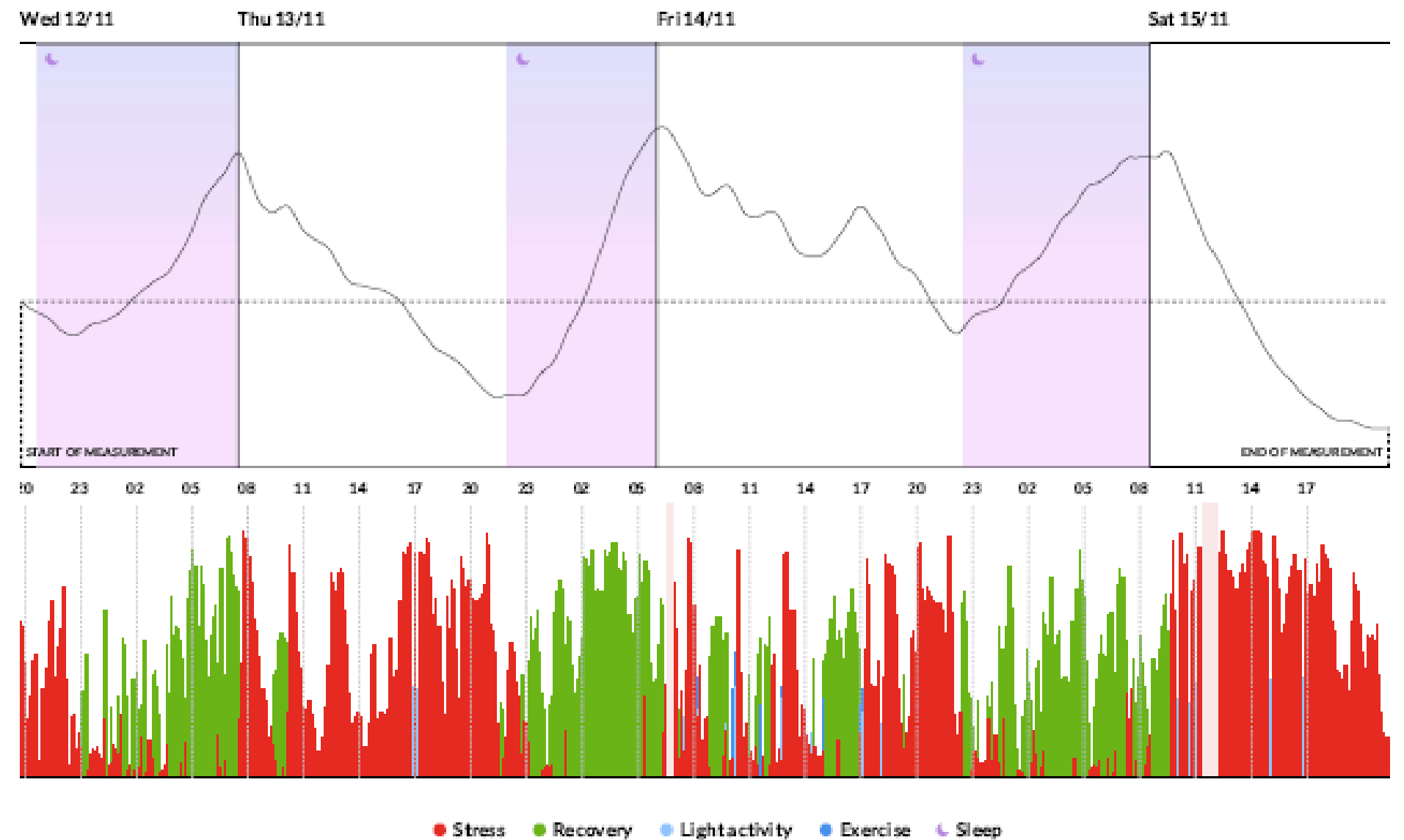
Day Results



Your physical activity produced
some health benefits. Try to
increase the intensity and/or
duration of your activity to
optimally support your health.

Body resources

Your body resources decreased from the starting level. There was not enough recovery to balance the various stressors in your life.

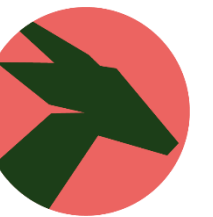




HOW YOU DOIN?



W.W.W.





Ready to set sail?

We are!

Kom ons een bezoekje brengen:

SCAN ME



STAND 18



brecht@springbokcoaching.be