

# WORK SMART AND RECOVER EFFECTIVELY

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This complete workshop by Koos Meijer is about training and recharging your brain. How can we use the brain to the fullest for better performance and wellbeing? Three themes will be covered in the workshop:



Themes 1

**How to train your brain and reduce stress at work?**



Themes 2

**How to recharge your brain more efficiently?**



Themes 3

**Why is it hard to stick to changes?**

**How to better achieve long-term goals?**



## Why?

To enjoy your work, you must manage your focus. You also need to recover even more effectively, both physically and mentally. The trick is not to work harder, but more efficiently. Is that possible? Yes! During this workshop Work Smart and Recover Effectively, we will discover what your brain is capable of and maximize its potential.



## The Workshop

The workshop delivers how to train and recharge your brain efficiently. This is an essential skill in our modern workplace where distractions and work pressure are high and inevitable.

## Insights into theBrain

Today, we process a heavy load of information. During this interactive workshop, you will learn about the strengths and weaknesses of your brain. Alongside, practical exercises will help you discover how to improve your focus during a task, complete a task faster, and multitask better. Together, we will create a personal action plan on improving your sleep quality, focus at work, and overall wellbeing. This way, you will not only work smarter but also lead a healthier life.





## ForWho?

Anyone who wants to learn how to train his or her brain optimally and create a better work-life balance.

## Curriculum

- Human Brain: the current insights
- How to focus better and deal with distractions
- The importance of a good morning ritual
- How does your brain work while focusing on a task?
- How do you relax better?
- How to increase the quality of your sleep?
- Practical Situations and Examples
- Personal Action Plan



### What will you learn from the training?

- To optimize your memory and focus
- To increase self-awareness, self-management, and self-confidence
- To train your concentration for better attention at work, in meetings, and with colleagues
- To focus efficiently on the job and at home



### Practical Information


**Training Program :** The first workshop last a half to a full day on site. The follow-up workshop lasts one hour online and will be scheduled four weeks after the first session.

**The training program** can be tailored in consultation.  
Group size: up to 15 participants (minimum 8)

👉 **Click here and register for the training via**  
<https://km-humanfactors.com/nl/contact/>  
+31 (0)71 2032143 or [info@km-humanfactors.nl](mailto:info@km-humanfactors.nl)





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