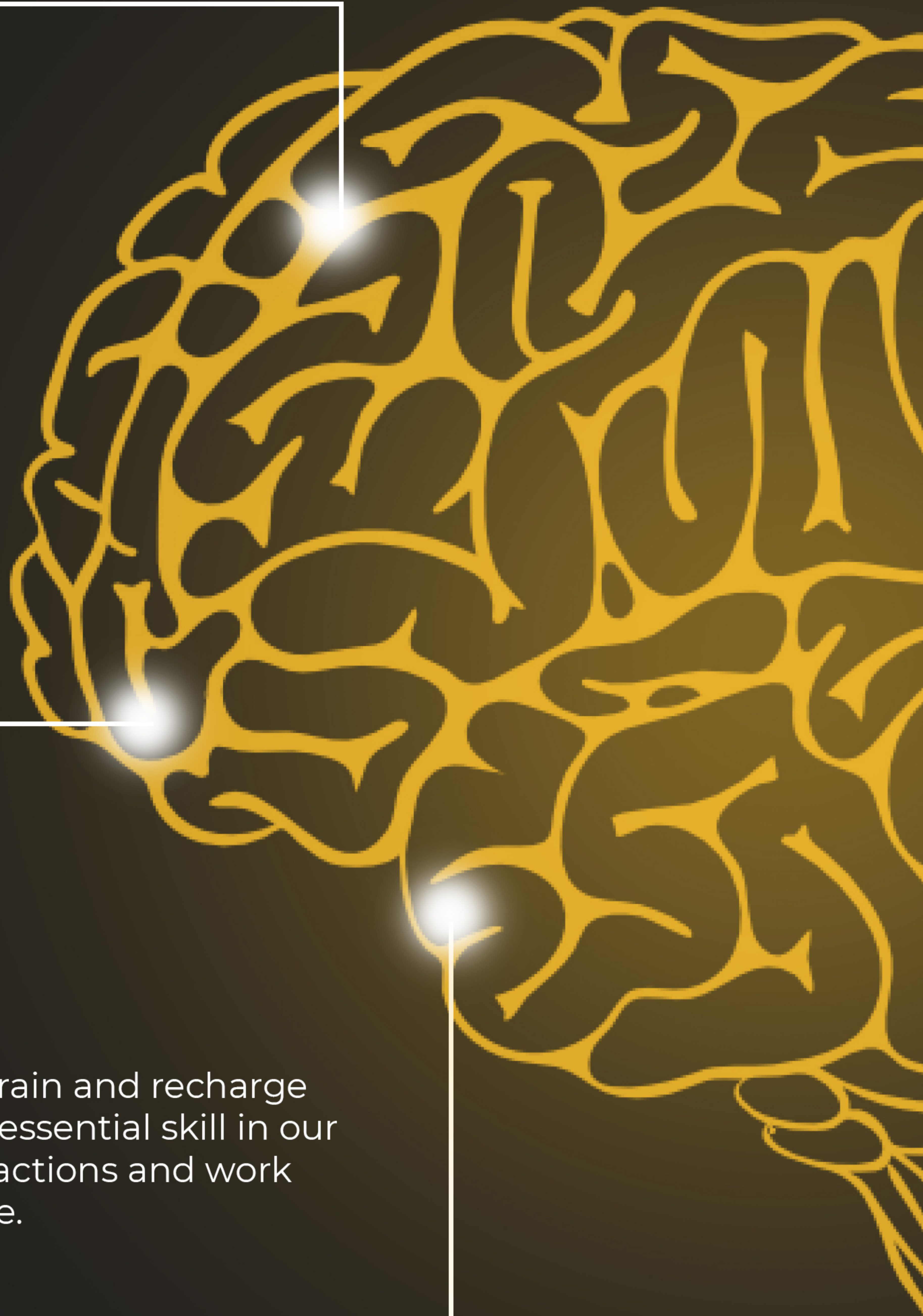


## Why?

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.