



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