



Hoe houden we het vuur brandende?
Belevingssessie duurzaam presteren

Erik Michels & Anouk Doore



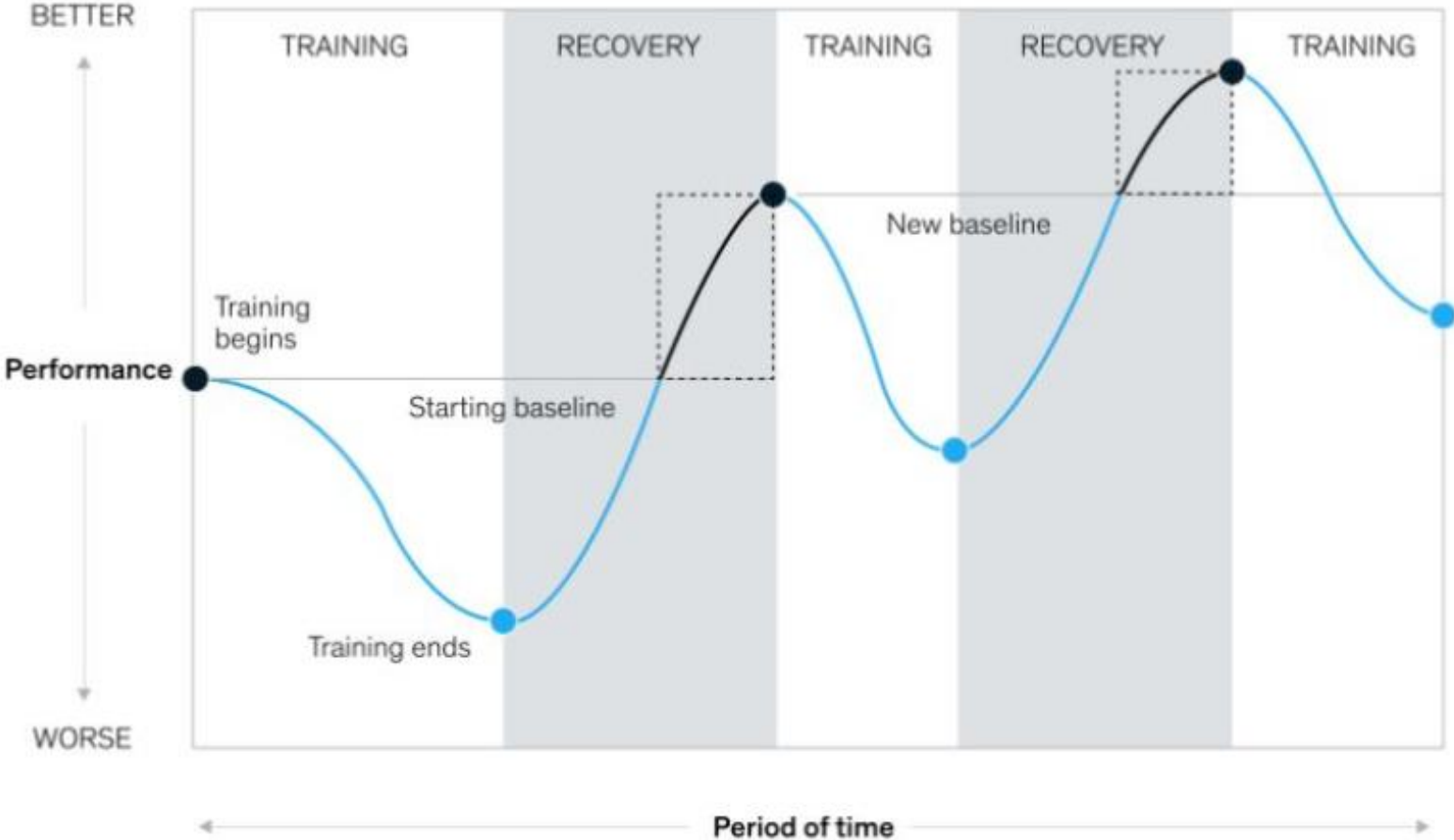
Duurzaam werken is ultra sport

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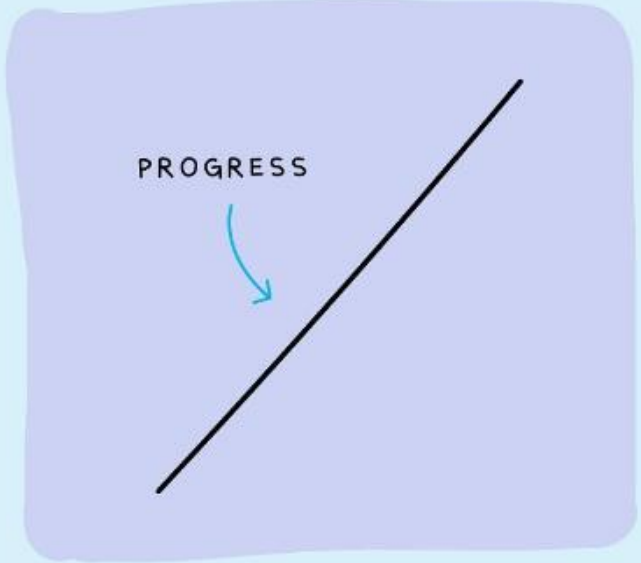
Supercompensation in sports can be a useful analogy for stress and performance recovery.

How supercompensation works

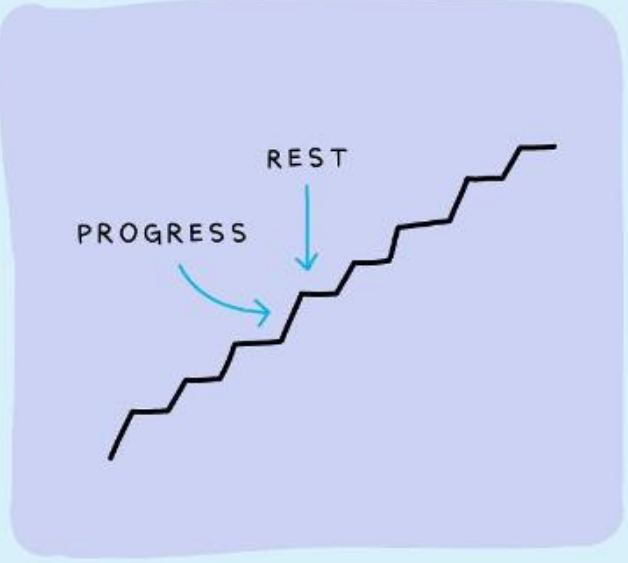
Supercompensation



Source: Adapted from Nikolai N. Yakovlev, *Sports biochemistry*, Leipzig: Deutsche Hochschule für Korpokultur (German Institute for Physical Culture), 1967



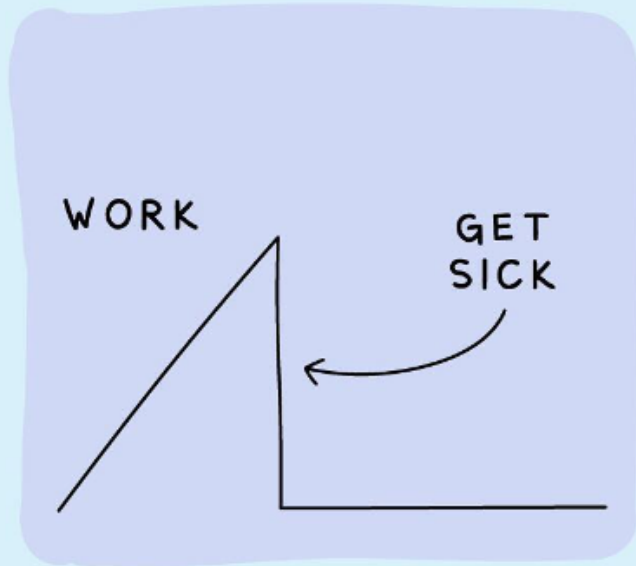
HOW WE THINK
SUCCESS HAPPENS



HOW IT ACTUALLY
HAPPENS

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Denken in beweging zetten





Reflecties



De weg van WETEN naar DOEN

Inspiratie

Reflectie

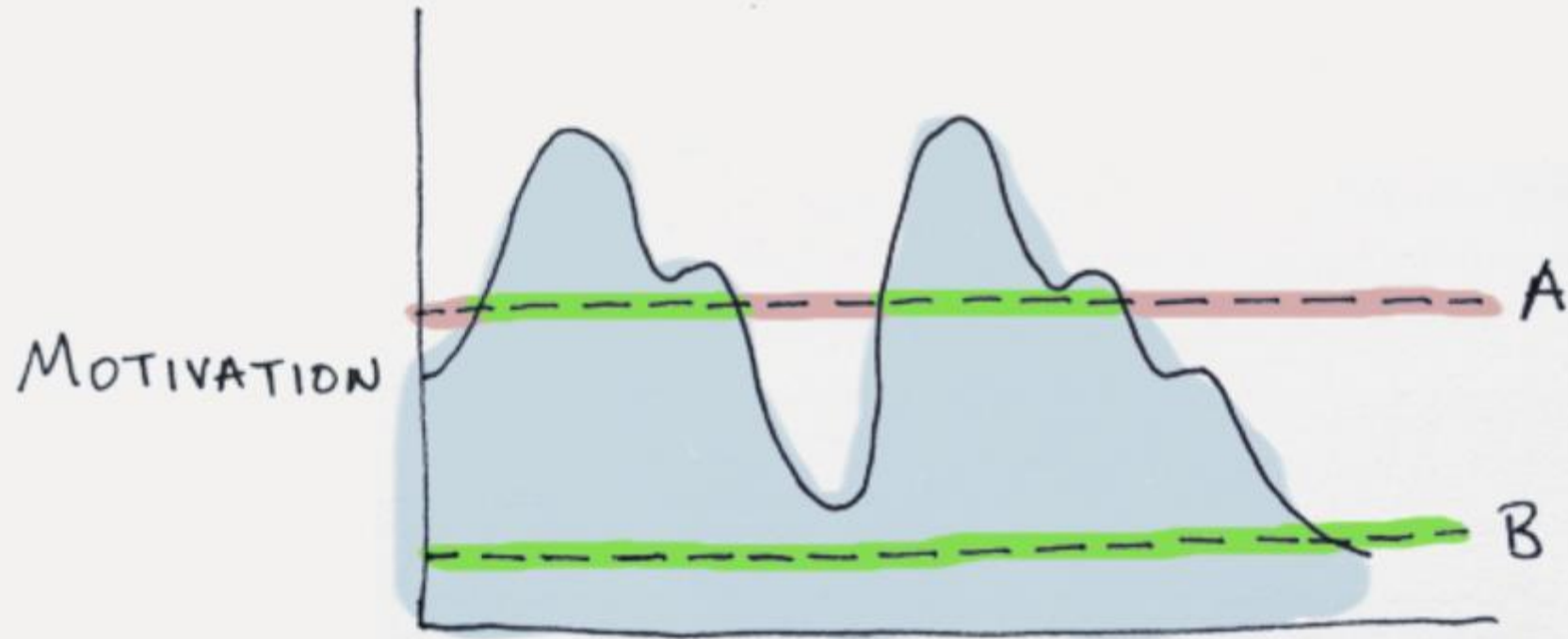
Gewoontes

Community



*“Standardization before optimization.
Make it the standard in your life, then
worry about doing it better”*

"SO EASY, YOU CAN'T SAY NO."



A = HARD, INCONSISTENT HABIT

B = EASY, CONSISTENT HABIT



Wat is één actie die je vanaf nu zelf wil toepassen ?



Hoe ga je hiermee starten binnen de 48u?

Wie kan je hiermee helpen?



*“Mensen vormen culturen
Culturen vormen mensen”*

PACE

experience . exceed . endure

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