

Gebruik Je Hersens Werk Slimmer Win Tijd

Done by 3 PM Brein@work De HOPE-methodiek 75 Übungen für Brainstorming und Ideenfindung im Team Water Naar de Zee Dragen ... Salut Romantische werken A New Pocket-dictionary of the English and Dutch Languages Architectural Publications Index Sempervirens The Building news and engineering journal Pluimvee bulletin Leven en werken van W. en O.Z. van Haren, Friesche edellui A new pocket-dictionary of the English and Dutch languages. English- Dutch (Nederduitsch-Engelsch). Stereotype-ed Patriot. Woordeboek, Dictionary: Afrikaans-Engels, Cape Dutch-English Technological dictionary Jaeger's Europa-Register Reminisce The History and Genealogies of Ancient Windsor, Connecticut: History New Statesman Society Björn Deusings R. van Dinteren Philippe Vandevorst Josine Gouwens Lia Bijkerk Petrus Limburg Brouwer Willem van Haren English and Dutch languages Alexandre Tolhausen Henry Reed Stiles

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a 6 hour workday may sound too good to be true but it s not in work situations we are often busy with just being busy emails meetings and interruptions from colleagues distract us from the real work consuming valuable time fortunately there s a more intelligent approach done by 3 pm offers a roadmap to higher productivity and more peace of mind through practical tips and clear insights time management expert björn deusings demonstrates that it s entirely possible to save a lot of time by better organizing yourself structuring information more effectively planning realistically handling complex tasks smartly and preserving your focus how you choose to use that extra time is up to you björn shares readily applicable tips with a touch of humor showcasing the best practices he and his colleagues have gathered over two decades in the realm of working smarter both individually and collaboratively

het leren en ontwikkelen van de mensen is een belangrijke voorwaarde voor het succes

van organisaties maar hoe leren mensen eigenlijk op hun werk en binnen hun organisaties en hoe kun je mensen stimuleren zich te ontwikkelen kennis over hersenen helpt ons om menselijk gedrag te beïnvloeden om prestaties te verhogen stress te reduceren en leerblokkades weg te nemen dit boek is het eerste boek dat de wetenschap van het brein én de praktijk van het werken in organisaties bij elkaar brengt in dit boek zijn door zo'n 40 bekende wetenschappers en praktijkmensen de belangrijkste breinprincipes die je in het werk kunt gebruiken op een rij gezet en er wordt met veel voorbeelden duidelijk gemaakt wat je hiervan zelf kunt inzetten voor je eigen leren voor het ontwikkelen van je medewerkers en voor cursisten zowel in het werk als tijdens coachinggesprekken

hope is een nieuwe zachte methode voor persoonlijke transformatie het uitgangspunt is dat alles energie is alles wat in je omgaat emoties gedachten of gedragingen kun je transformeren door met de onderliggende energiepatronen ervan te werken met de hope methodiek verbind je de verschillende delen van je persoonlijkheid weer met je hogere zelf en met de bron van alles wat bestaat zo kom je los uit belemmerende patronen heel je oude pijn en maak je je verborgen potentieel vrij het uiteindelijke doel is leven in totale vrijheid in verbinding met je ziel en met het bronveld dat overal aanwezig is rondom en in je hope is toegankelijk voor iedereen los van levensbeschouwing of ervaring in het werken met energie dit boek biedt een stapsgewijze handleiding die je meteen in de praktijk kunt toepassen verdiepende inzichten geven een bekrachtigende visie van hoop mee zowel voor individuele mensen als voor onze samenleving in verandering

wenn von kreativität die rede ist denken die meisten menschen als erstes an die entwicklung von möglichst vielen und möglichst originellen ideen hierbei handelt es sich aber nur um einen teil des kreativen prozesses in dessen weiterem verlauf die besten ideen ausgewählt und bis hin zur praxistauglichkeit ausgearbeitet werden müssen dieses buch enthält 75 inspirierende methoden zur gestaltung kreativer team workshops es richtet sich an führungskräfte sowie an personen aus den bereichen training beratung und coaching die workshops begleiten in denen die kreativen fähigkeiten der teilnehmenden genutzt werden sollen um innovation oder verbesserung hervorzubringen dargestellt wird ein breites spektrum von methoden für die kreative gruppenarbeit das sich von warm ups über intuitive vorgehensweisen visualisierungs und assoziationstechniken imaginationsübungen und mindmapping techniken bis hin zu rationalen und analytischen methoden der entscheidungsfindung erstreckt der erste teil des bandes beschäftigt sich mit der frage wie sie als gruppenleitung die notwendigen voraussetzungen für einen erfolgreichen ablauf der gruppenarbeit schaffen können die nachfolgenden sechs teile beschäftigen sich mit verschiedenen bausteinen im kreativen prozess 1 selbst einsicht vergrößern 2 ziele formulieren 3 hindernisse überwinden 4 kreative fähigkeiten fördern 5 originelle ideen generieren 6 kreative ideen auswählen und weiterentwickeln eine tabellarische Übersicht am ende des buches hilft dabei die für den jeweiligen einsatzzweck passende Übung zu finden und zeigt auf welche der dargestellten methoden auch für das einzel coaching oder individuelle brainstorming sessions geeignet sind zahlreiche kästen

mit erläuterungen zum theoretischen hintergrund materialien tipps und beispielen machen das buch zu einem wertvollen begleiter für alle die mit gruppen und teams in kreativen prozessen zusammenarbeiten

deze uitgave bestaat uit 60 unieke fotokaarten en een bijbehorend boek waarin twintig activerende werkvormen voor onderwijs trainingen en workshops staan beschreven de doelen die met deze fotokaarten behaald kunnen worden zijn heel divers de fotokaarten kunnen worden ingezet voor kennismaking ervaringen uitwisselen meningen peilen en evalueren de in de praktijk geteste fotokaarten zijn bovendien heel geschikt om specifieke onderwerpen zoals spreekwoorden creatief denken persoonlijke effectiviteit milieu of didactiek te behandelen

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