



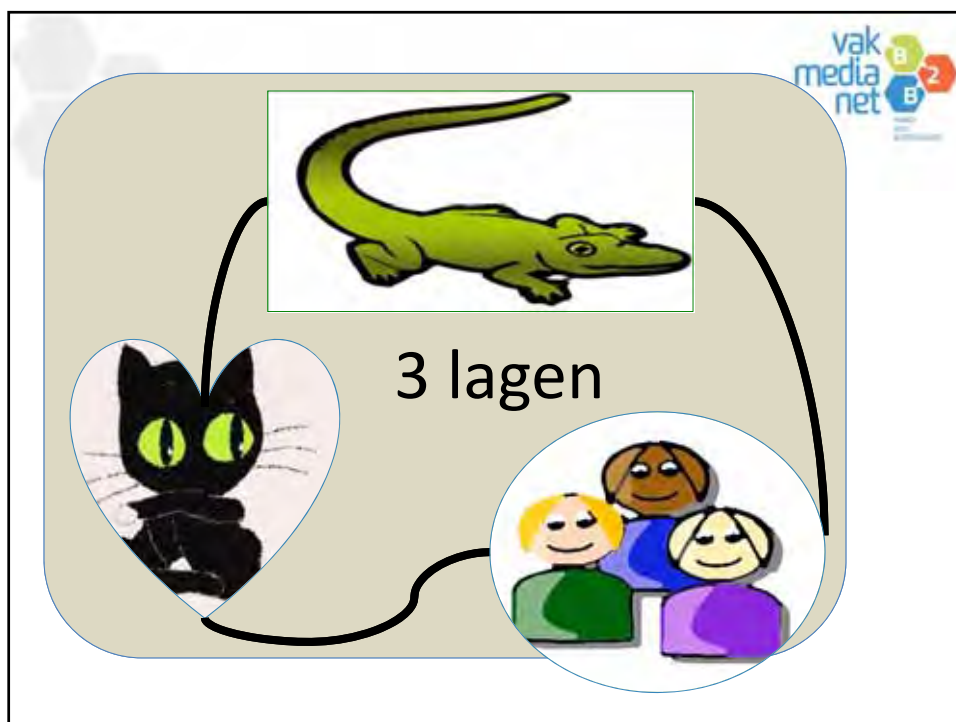
**Brein-bewust  
veranderen**



**Anneke Jelsma**



The slide has a white background with a faint pattern of grey hexagons in the top left corner. In the top right corner is the 'vak media net' logo, which consists of the text 'vak media net' and three colored circles (green, red, blue) containing the letters 'B', '2', and 'B' respectively. Below the logo, the text 'Brein-bewust veranderen' is written in a bold, blue, sans-serif font. To the left of this text is a small, golden heart logo made of mechanical gears. Below the first text, the name 'Anneke Jelsma' is written in the same bold, blue, sans-serif font. To the left of the name is another identical small, golden heart logo.





Hartslag, temperatuur, ademhaling, evenwicht

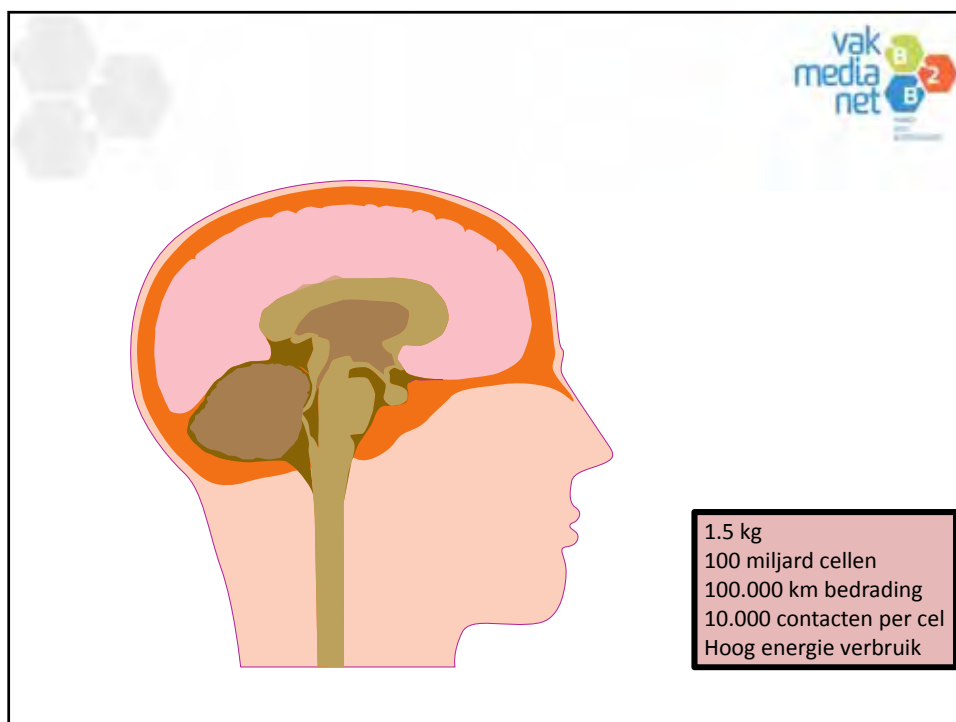
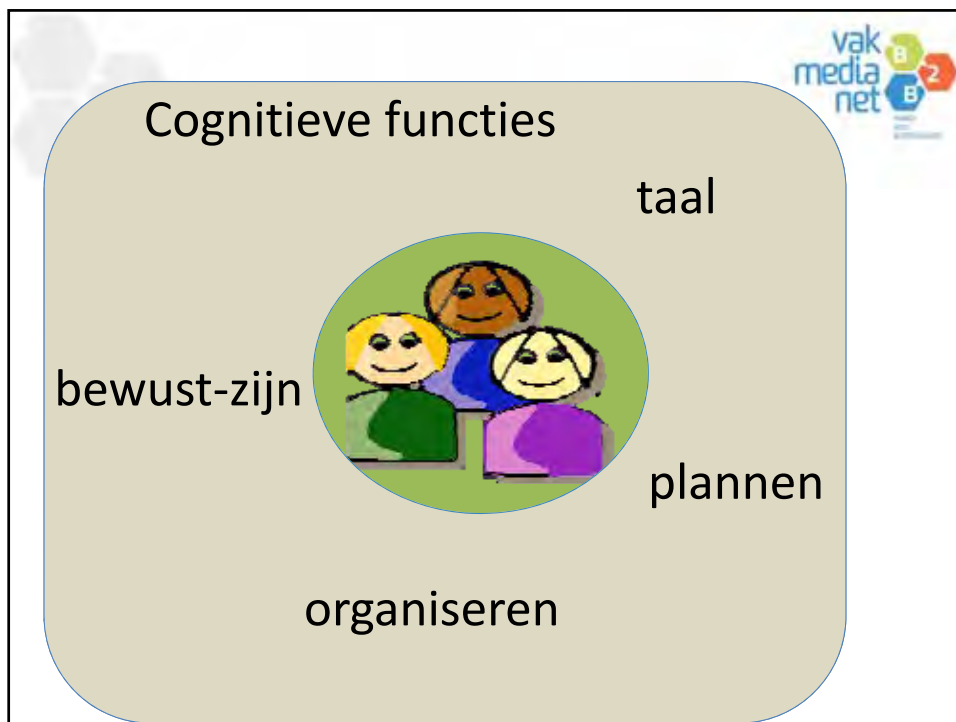
ROUTINE

EVOLUTIONAIR HEEL OUD

EMOTIES



GEHEUGEN

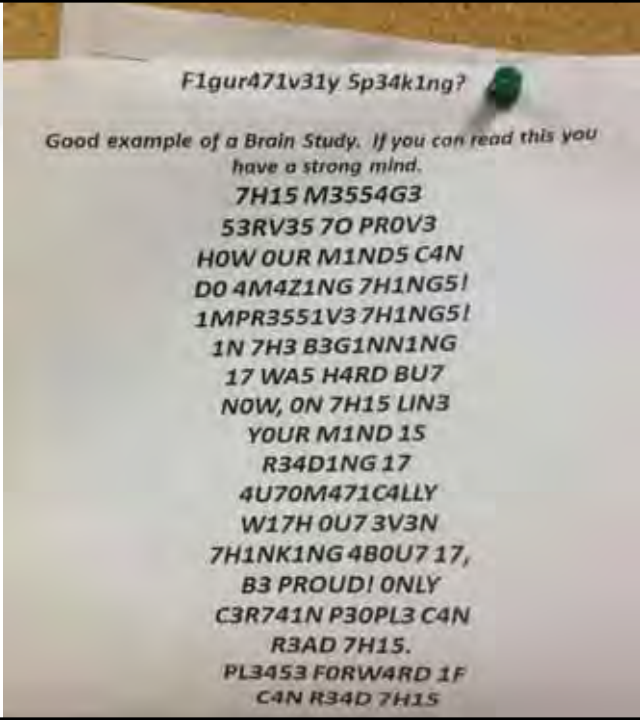




vak  
media  
net

TEAM  
WORK

Oud = dominant  
 Oefening en ervaring = routine  
 Hoe bekender hoe korter de route  
 Patroonherkenning = liever lui dan moe  
 Zuinig met energie

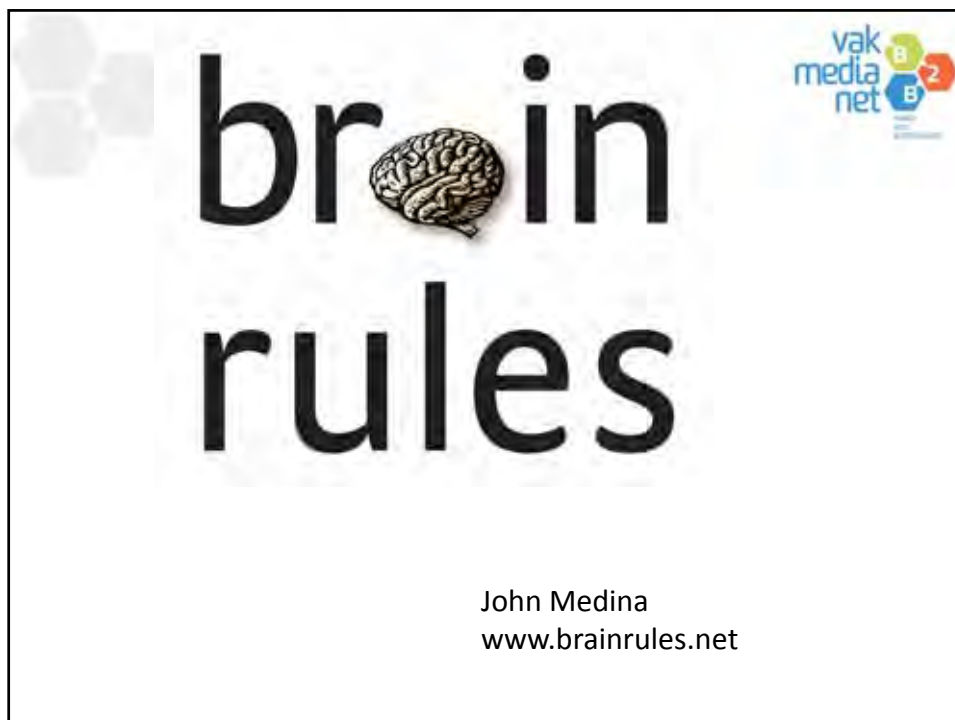


vak  
media  
net

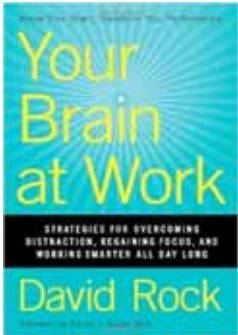
F1gur471v31y Sp34k1ng?

Good example of a Brain Study. If you can read this you have a strong mind.

7H15 M3554G3  
 53RV35 7O PROV3  
 HOW OUR M1ND5 C4N  
 DO 4M4Z1NG 7H1NG5!  
 1MPR3551V3 7H1NG5!  
 1N 7H3 B3G1NN1NG  
 17 W45 H4RD BU7  
 NOW, ON 7H15 L1N3  
 YOUR M1ND 1S  
 R34D1NG 17  
 4U70M471C4LLY  
 W17H 0U7 3V3N  
 7H1NK1NG 4B0U7 17,  
 B3 PROUD! ONLY  
 C3R741N P30PL3 C4N  
 R3AD 7H15.  
 PL3453 FORWARD 1F  
 C4N R34D 7H15







# SCARF

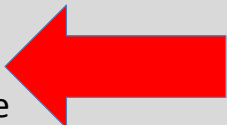
## 5 voorwaarden



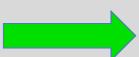
[www.davidrock.net](http://www.davidrock.net)



Away From Threat Response



Status  
Certainty  
Autonomy  
Relatedness  
Fairness



Toward Reward Response




### Toward en Away states of the SCARF Model

Away  
Threat

- Distracted
- Anxious
- Think less clearly
- Reduced memory
- Poorer performance
- Weakened immune system
- Cortisol/stress

Toward  
Reward

- Positive
- Willing to collaborate
- More focused
- Innovative
- Creative
- Willing to get involved
- Increased resilience

## Breinbewust veranderen

Meer weten?  
[www.brainrules.net](http://www.brainrules.net)  
[www.davidrock.net](http://www.davidrock.net)  
[www.nimep.nl](http://www.nimep.nl)  
Nieuwsbrief Brein,  
Evolutie en werk  
[www.onswerk.nu](http://www.onswerk.nu)  
(binnenkort)