



Focus AAN/UIT

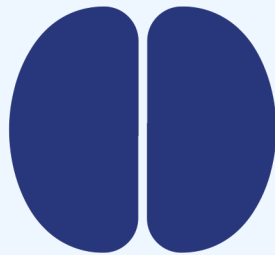
Mark Tigchelaar

www.MarkTigchelaar.nl

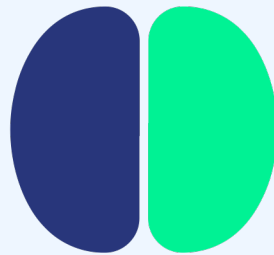
Aandachtsresidu

Aandachtsresidu

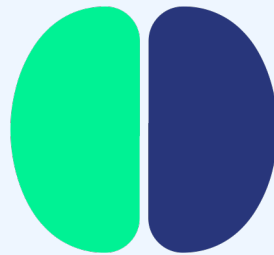
Taak A



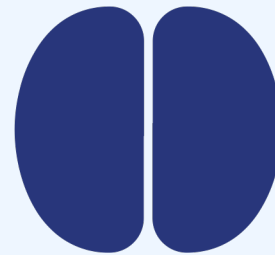
Taak B



Taak A

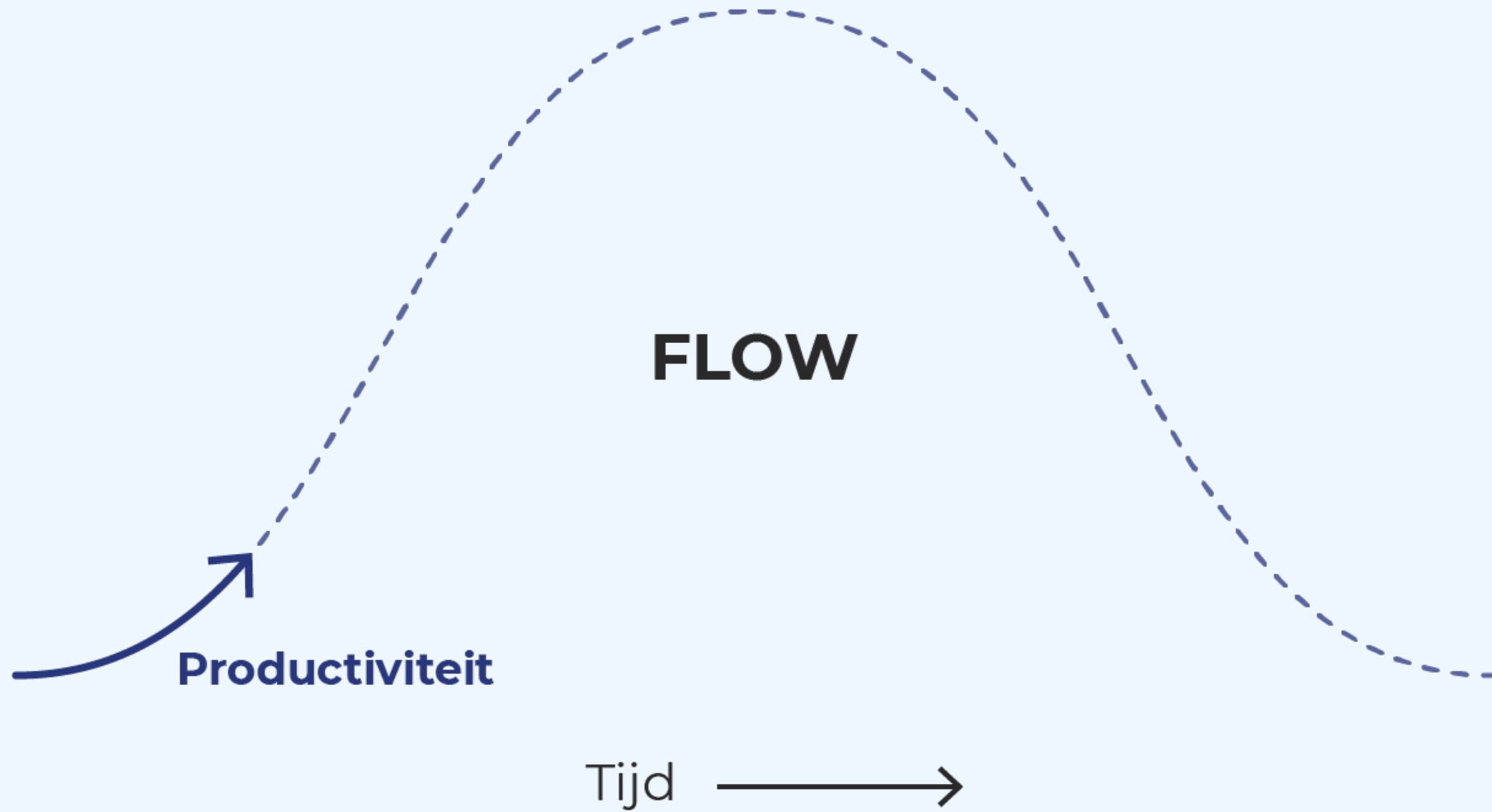


Taak A

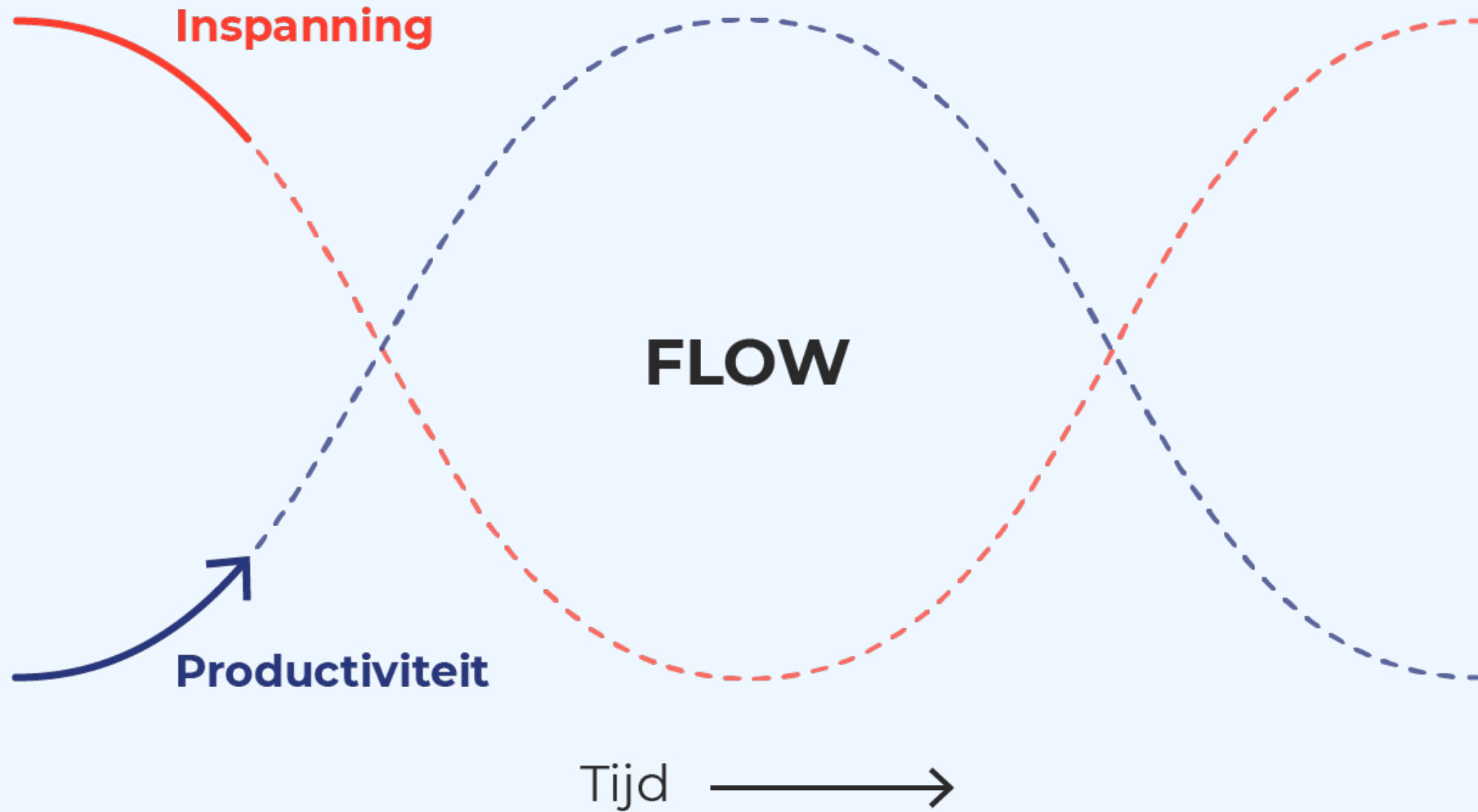


The Flow Curve

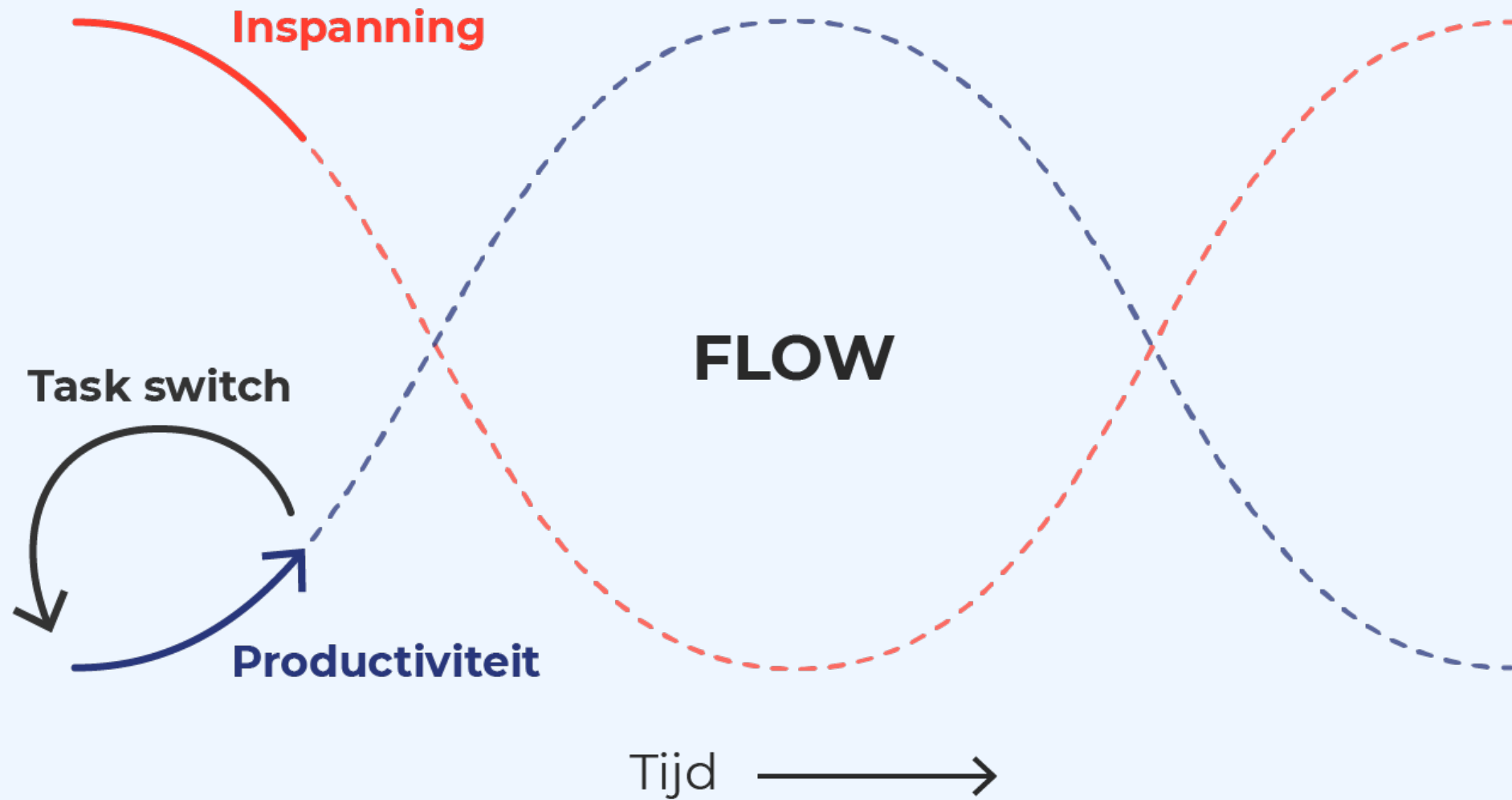
The Flow Curve



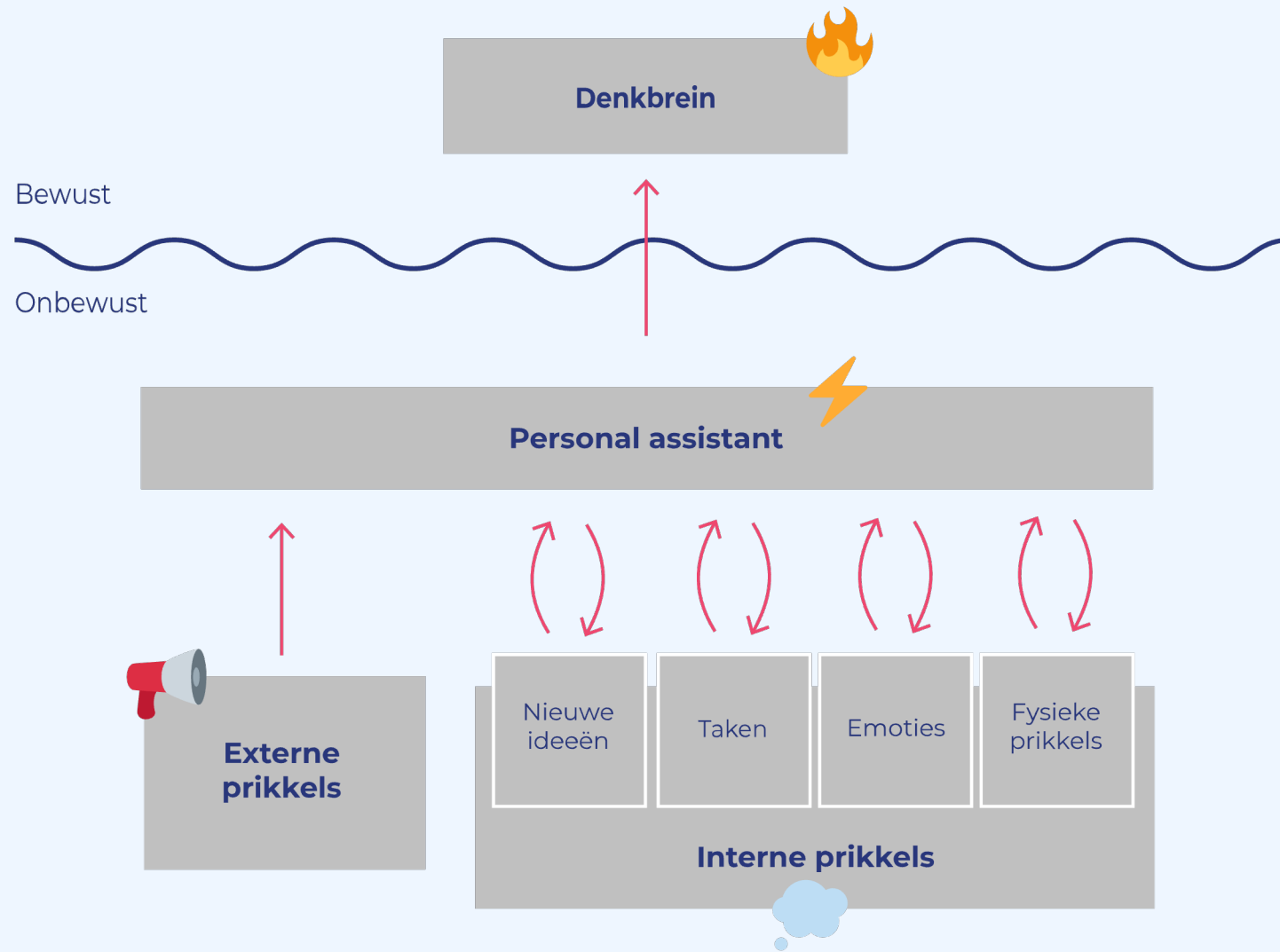
The Flow Curve



The Flow Curve



Het Focus Model™



De 4 concentratielekken™



Te weinig Engagement



Te weinig Energie



Te veel Interne prikkels



Te veel Externe prikkels

De Focus Formule™

Focus =  **+**  **>**  **of** 

Engagement Energie Interne prikkels Externe prikkels



Hoe verhoog je Engagement?



Hoe verhoog je Energie?



Hoe verlaag je Interne prikkels?



Hoe verlaag je Externe prikkels?



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