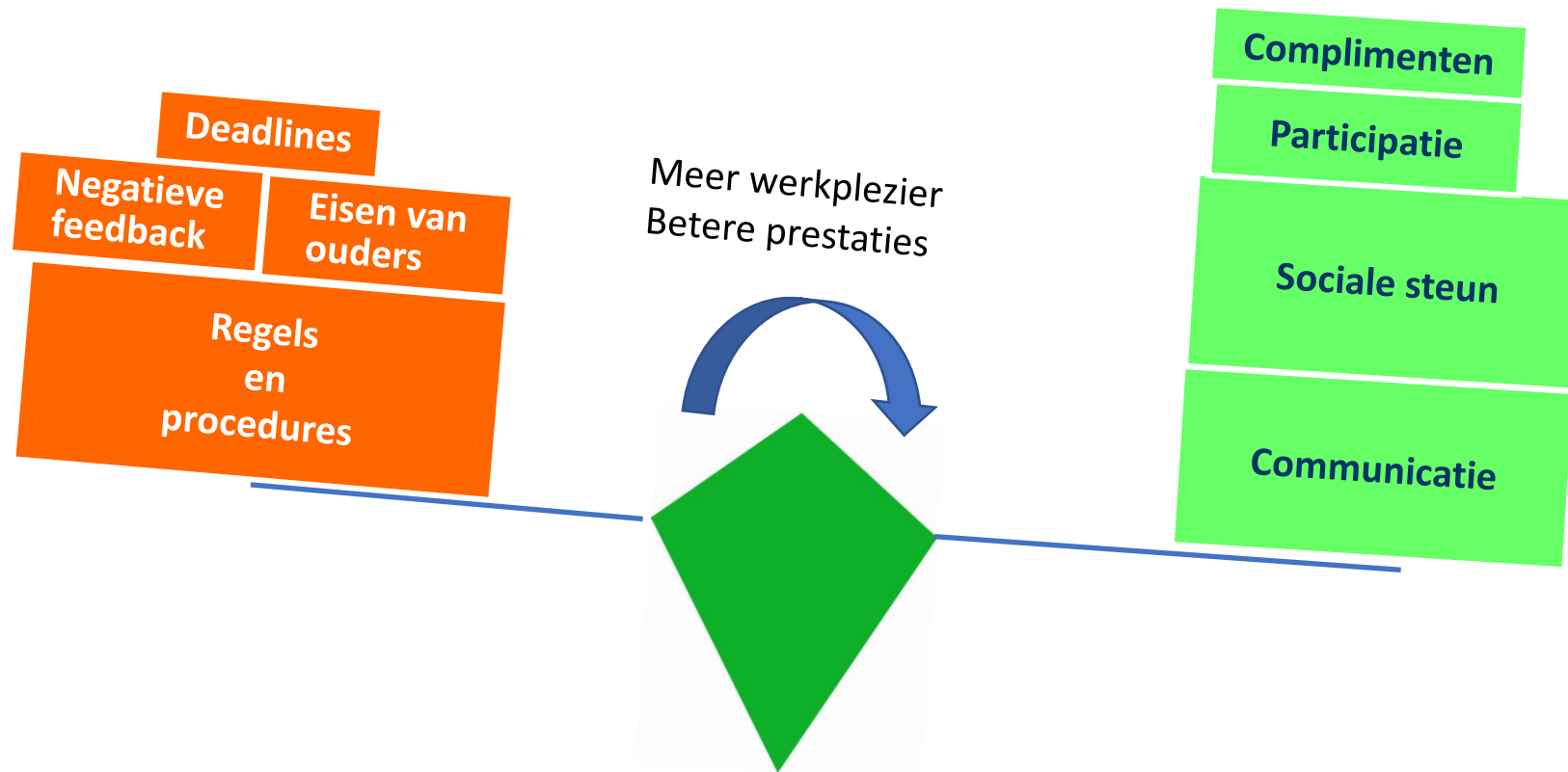


# Vijf manieren om je balans te verbeteren

# Energievreters

# Energiegevers



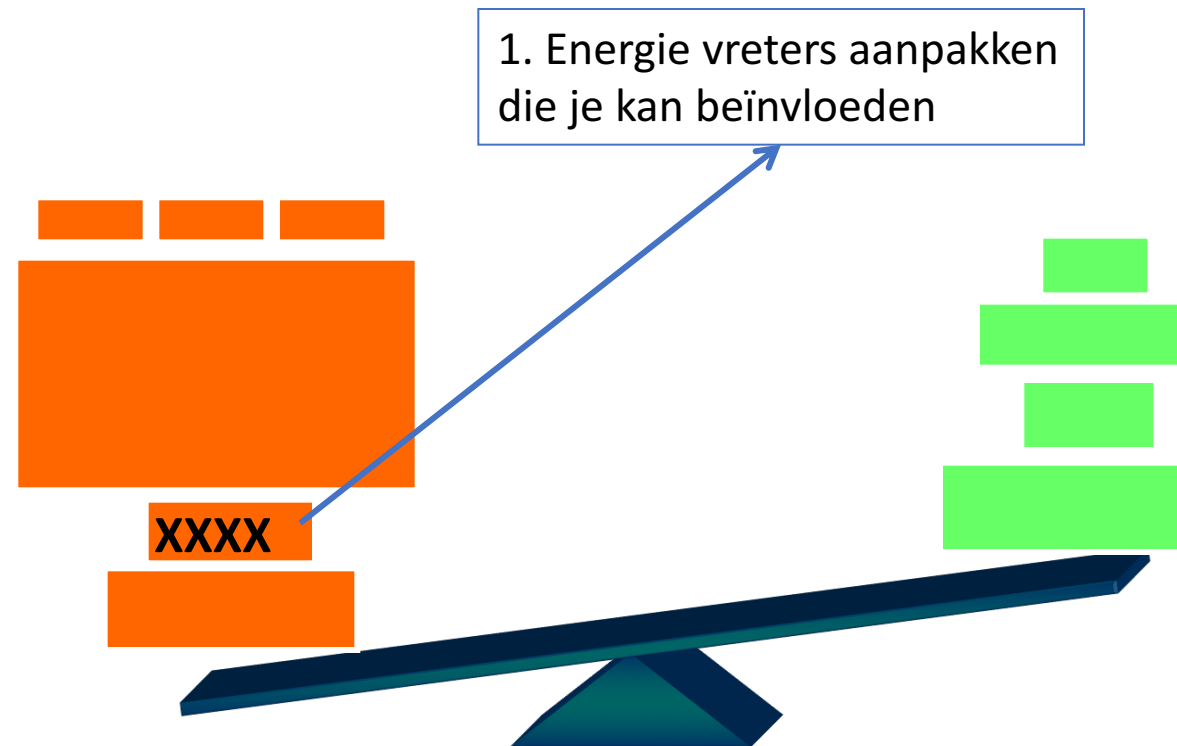
**Energievreters**

**Energiegevers**



# Energievreters

# Energiegevers



# Energievreters

# Energiegevers



# Energievreters

# Energiegevers

2. Energie gever vergroten



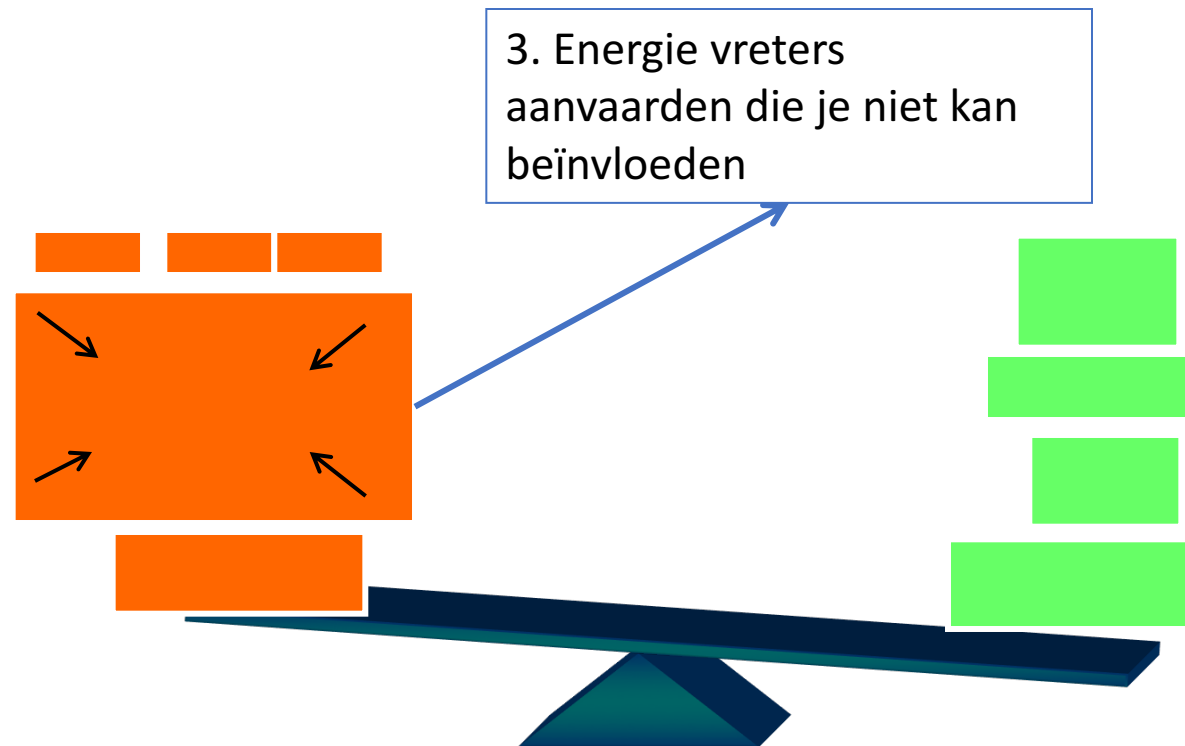
# Energievreters

# Energiegevers



# Energievreters

# Energiegevers





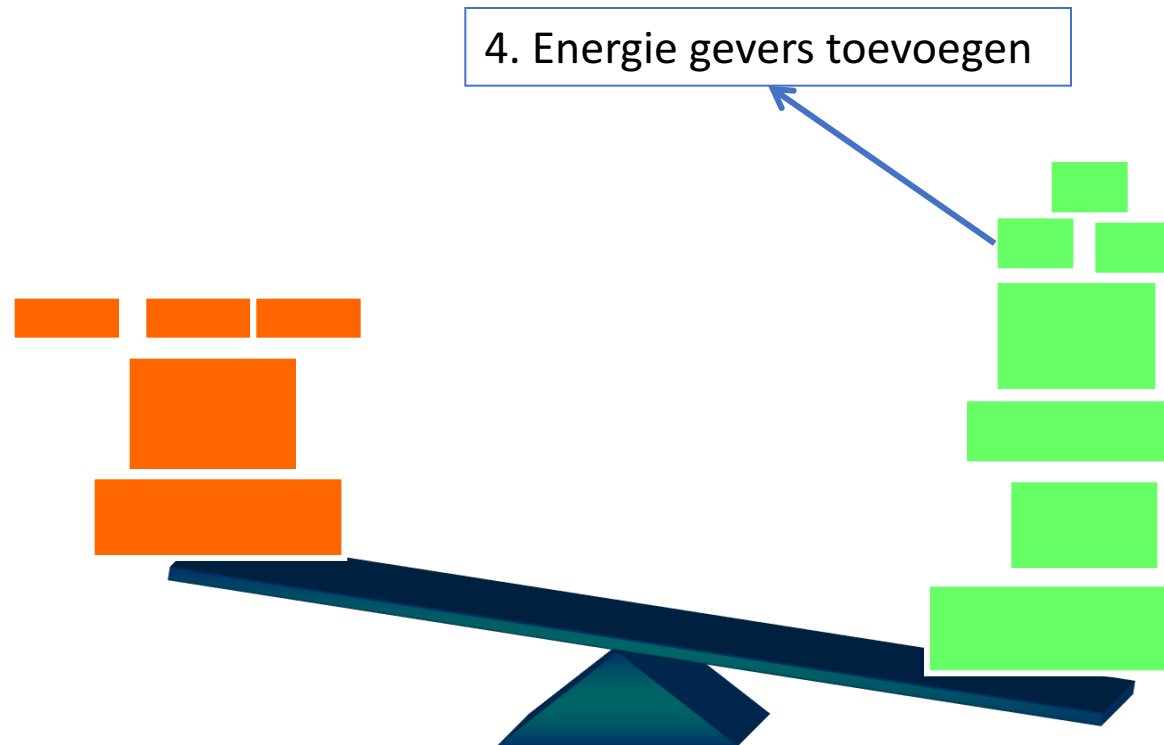
**Energievreters**

**Energiegevers**



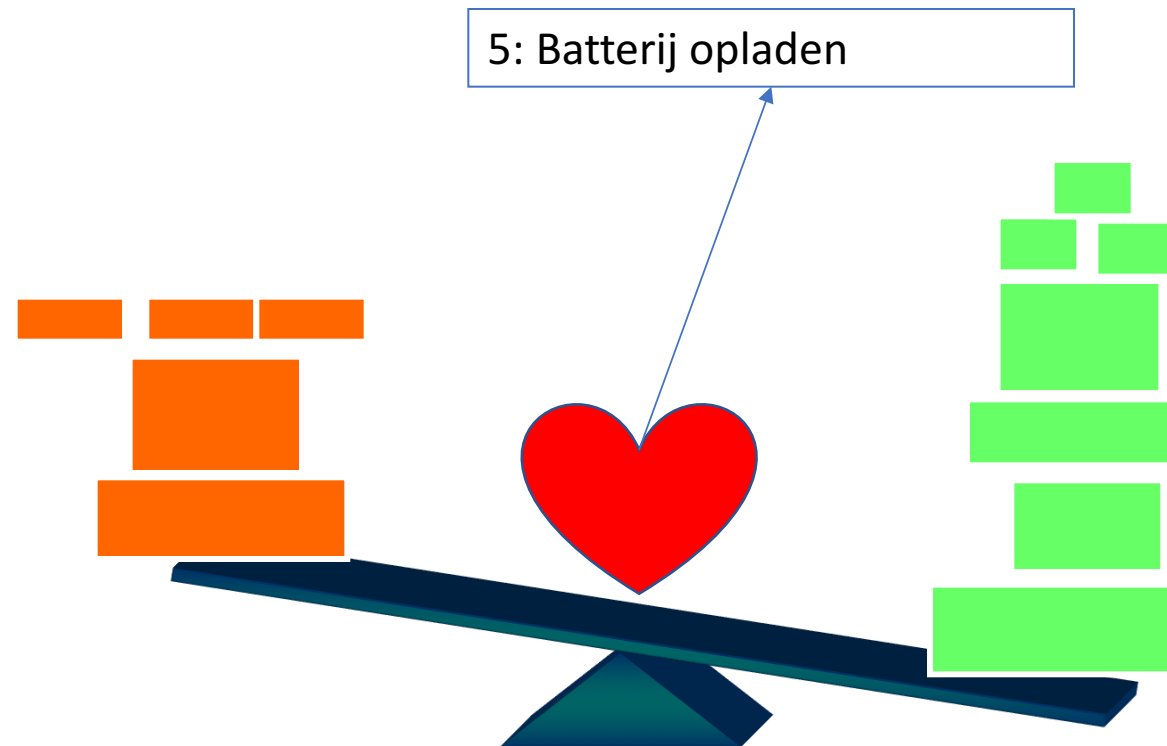
# Energievreters

# Energiegevers



# Energievreters

# Energiegevers



# Energievreters

# Energiegevers

5: Batterij opladen



# Energievreters

Beperkte invloed

Deadlines

Negatieve feedback

Eisen van ouders

Regels en procedures

# Energiegevers

Buffers

Complimenten

Participatie

Sociale steun

Communicatie

Meer werkplezier  
Betere prestaties

