



Overview trainings Mathijs van Kouwen

A little summary for easy discussion with your group:)

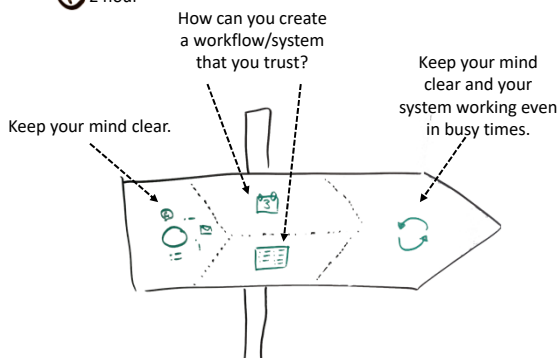


Piece of mind

A method for a clear mind and overview in a busy live

€ 300,- Incl. BTW

🕒 2 hour

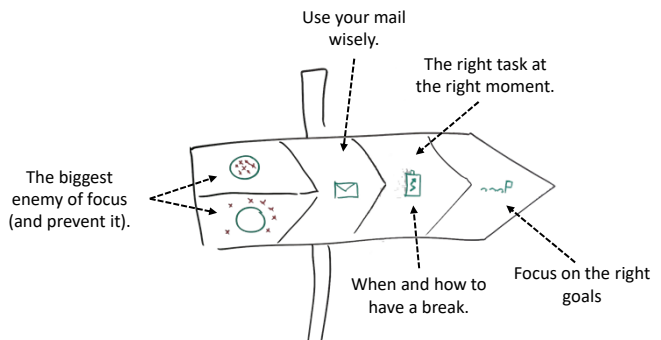


Satisfaction through focus

More results by working effectively and focused.

€ 300,- Incl. BTW

🕒 2 hour



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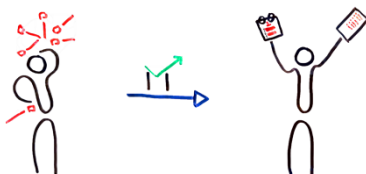
Studentboard combination

The trainings 'Piece of mind' and 'Satisfaction through focus' combined with an extra moment of reflection.

- All concepts of the training 'Piece of mind';
- Work on it yourself – find your own system. With 1.5 hour of supporting online material (videos & text);
- Reflection & The training "Satisfaction through focus";
- Additional hour of practice and repeating about focus and goalsetting (formulating and prioritizing).

€ 500,- Incl. BTW

🕒 1.5+ 2.5 hour



And

- Trainings on demand
 - About (personal) leadership
- Trainings for active-/committee-members
- A nice conversation:) – contact me ☺



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