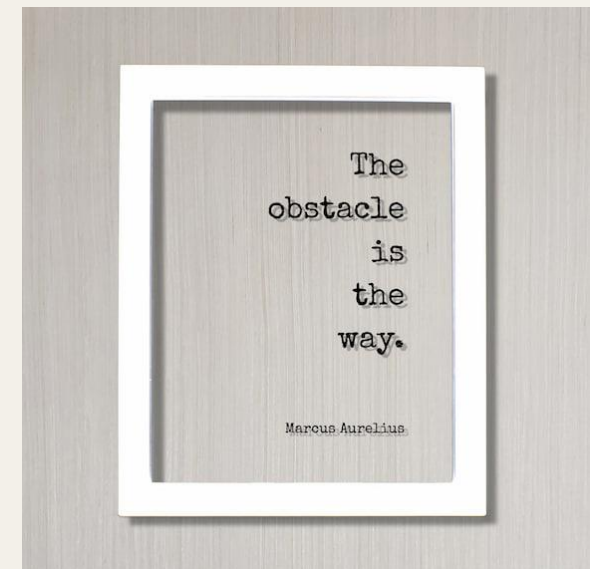
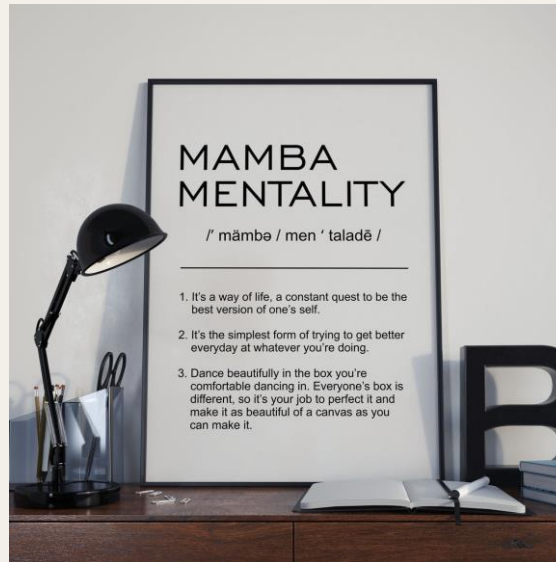


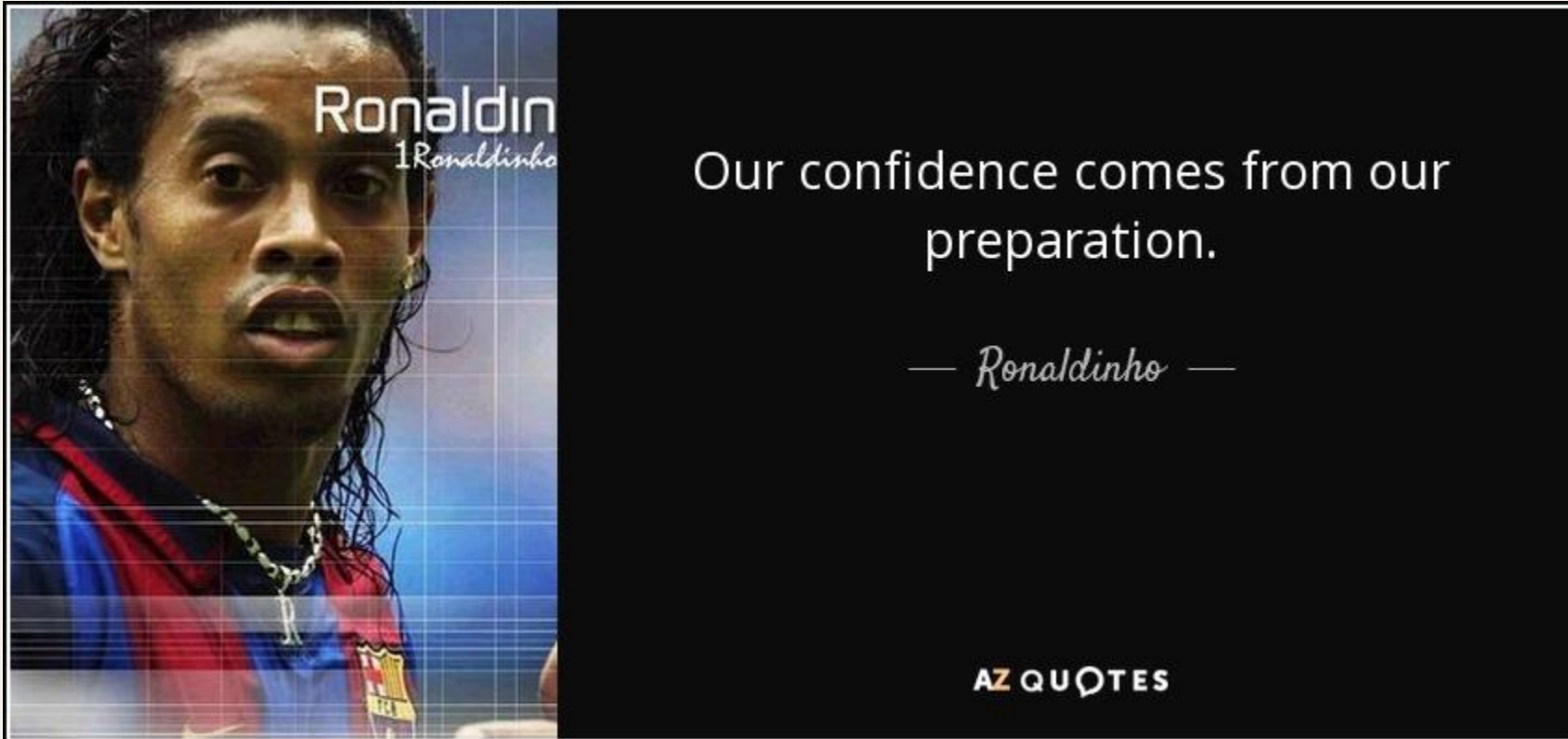
ikigai

/ik·ee·guy/ **noun.**

A reason for being. A combination of values, passions and vocation that give meaning to your life. The reason you get out of bed in the morning.



Wedstrijdvoorbereiding



Programma

- + Wat is wedstrijdvoorbereiding
 - + Positieve effecten
- + Verschillende soorten oefenen
 - + Casussen bespreken



Wedstrijdvoorbereiding

**I'm different than
everyone else because
everyone else is not me.**

Julian Aguilar

quote fancy



Positieve effecten

- + Routine geeft rust en zelfvertrouwen
- + Neemt eventuele spanning weg
- + Grotere kans om in een flow te komen
- + Prestaties gaan omhoog



Verschillende soorten

+ Visualiseren

+ Ontspanningsoefeningen

+ Zelfspraak

+ Routines

+ Motivatiefilmpje

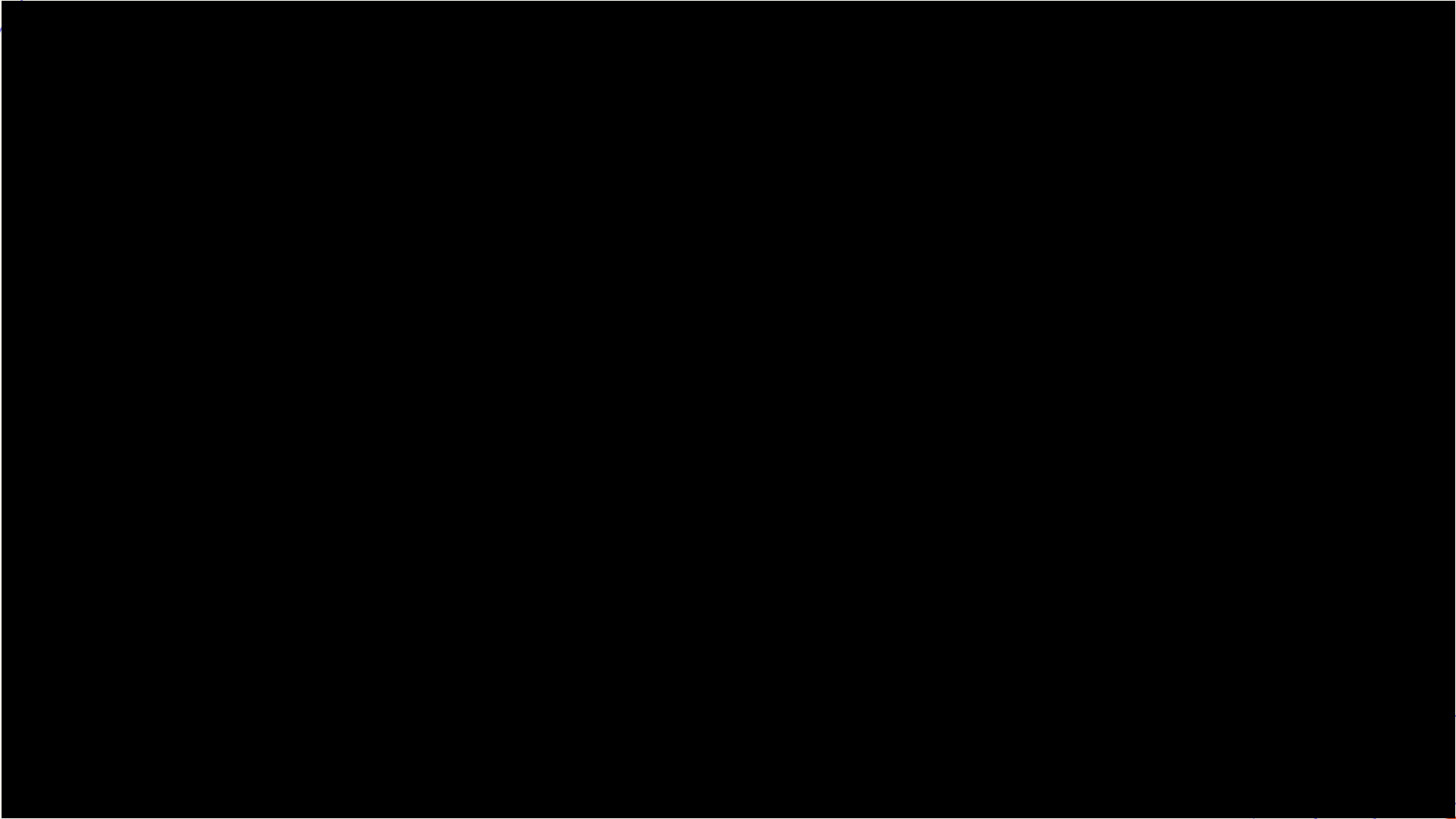
+ Mindfulness



Visualiseren



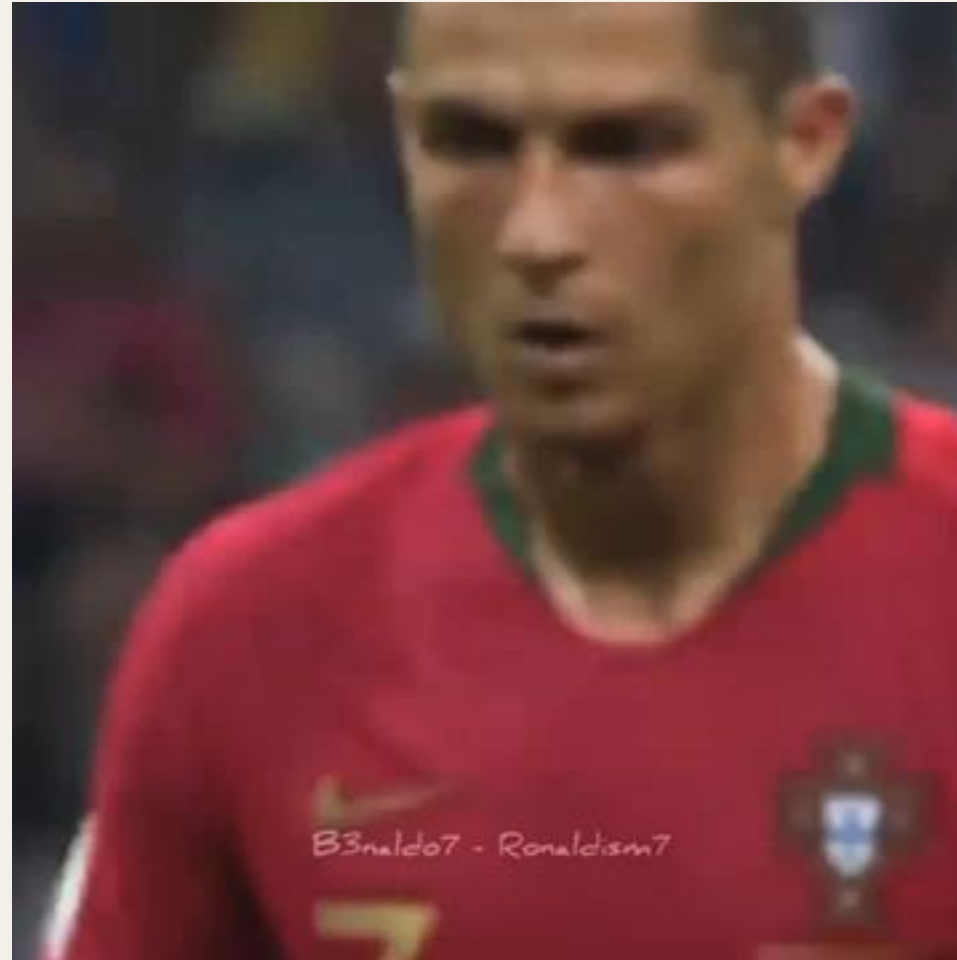
Visualiseren



Ontspanningsoefeningen



Ontspanningsoefeningen



Zelfspraak



Zelfspraak



Routines



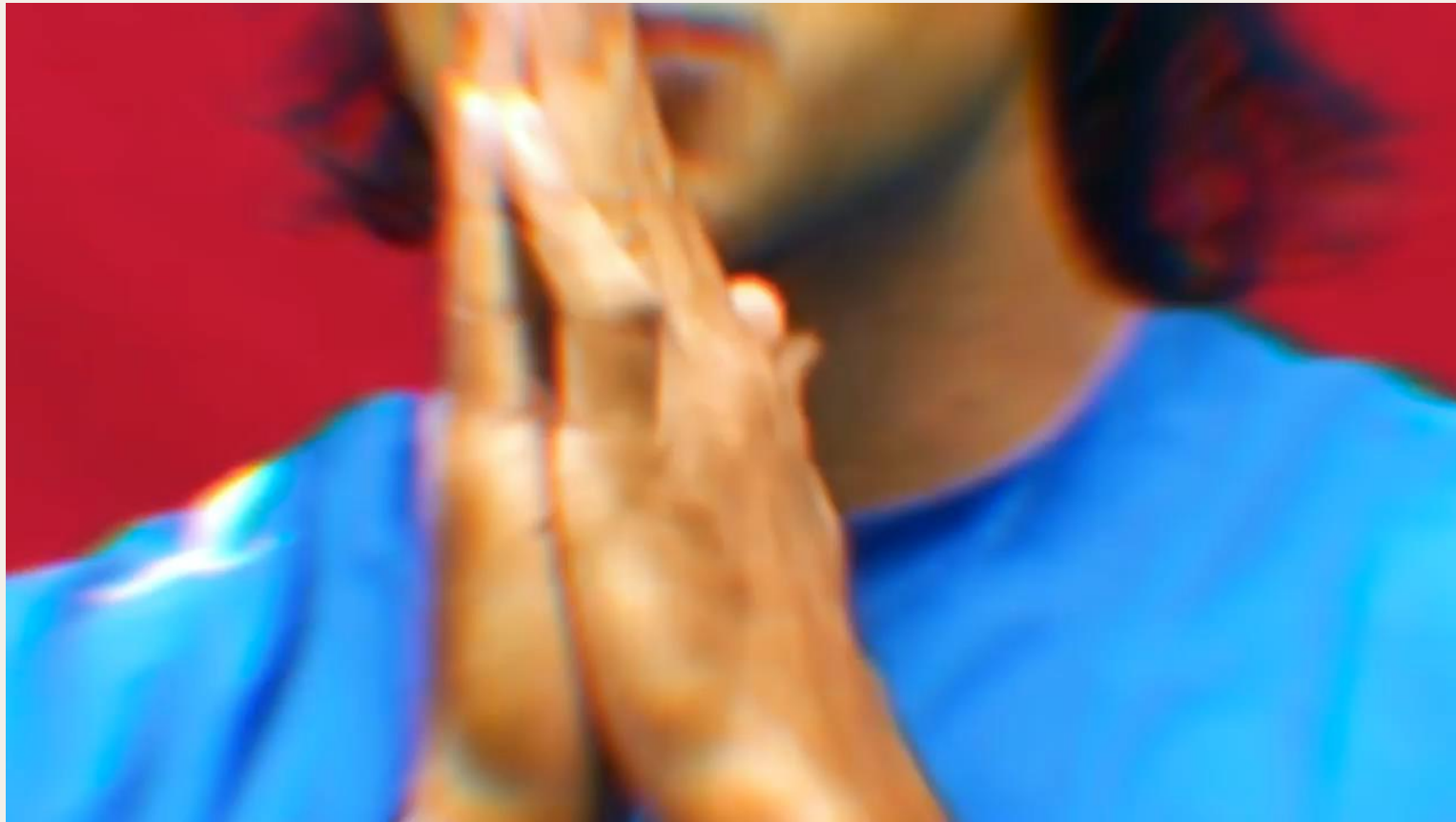
Routines



Motivatiefilmpje

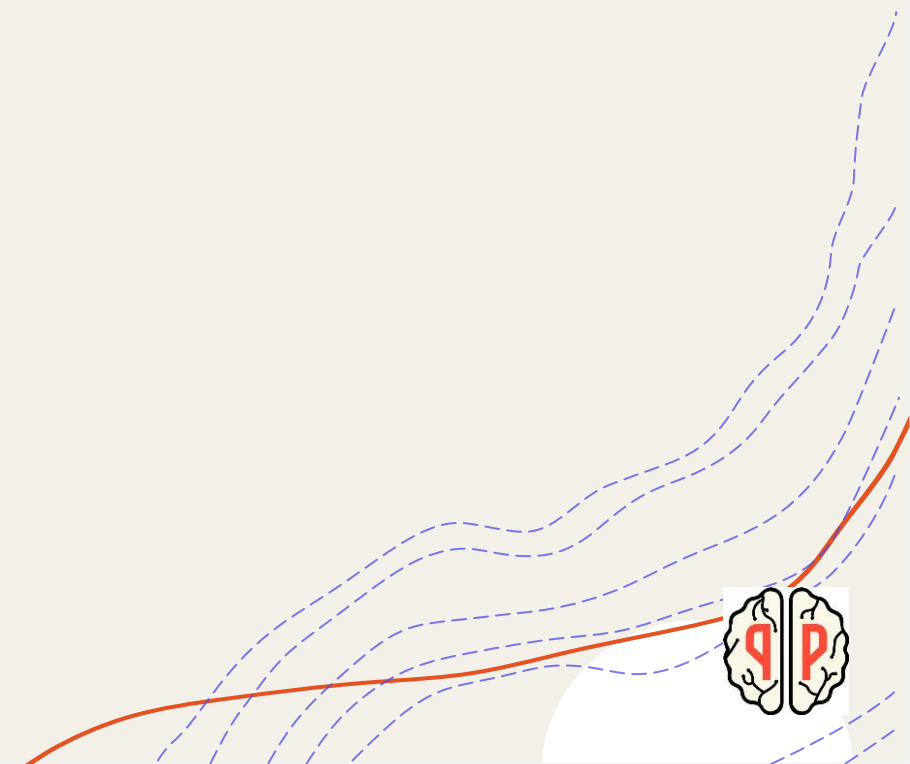
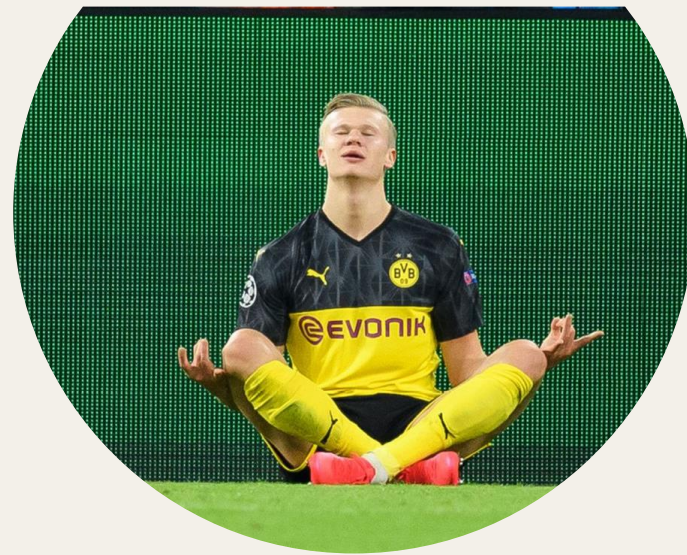


Motivatiefilmpje





Mindfulness

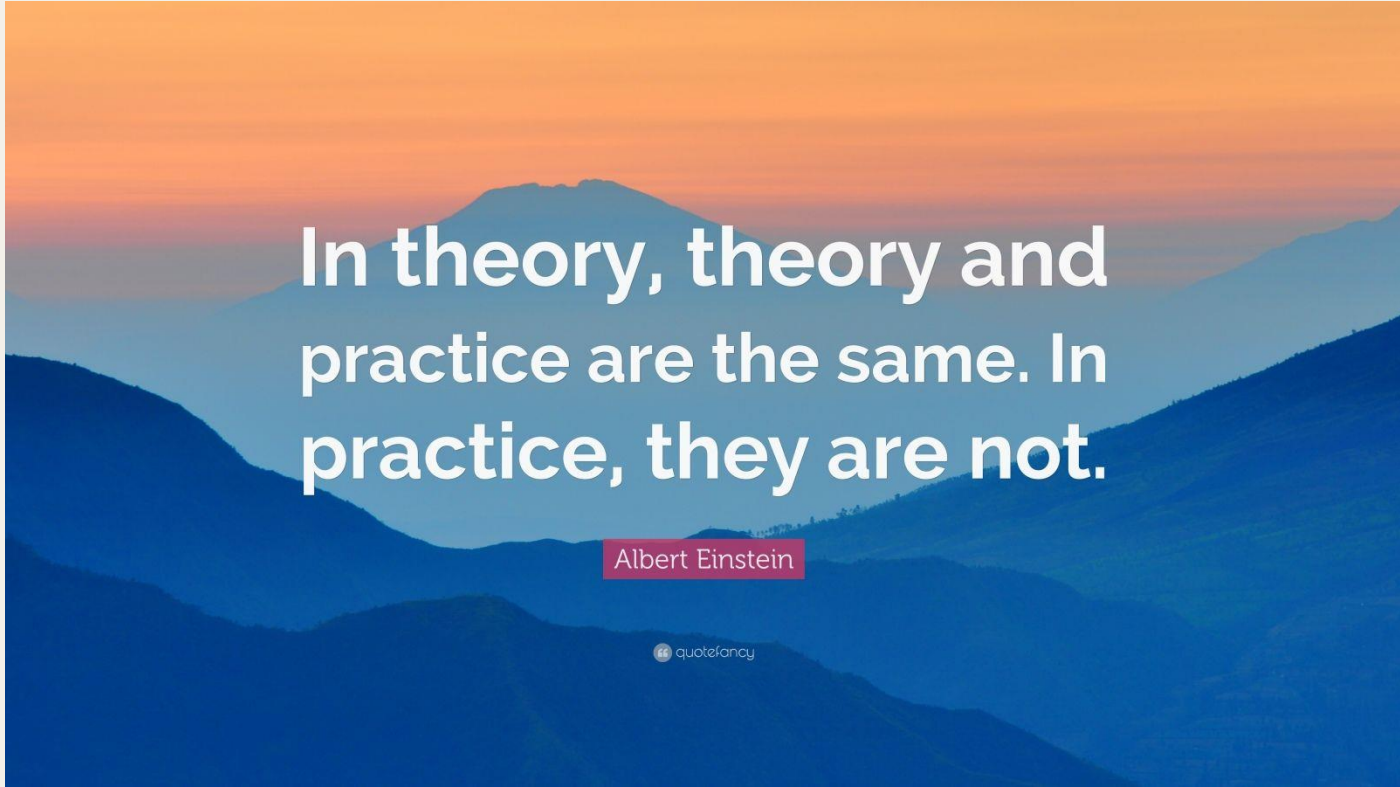
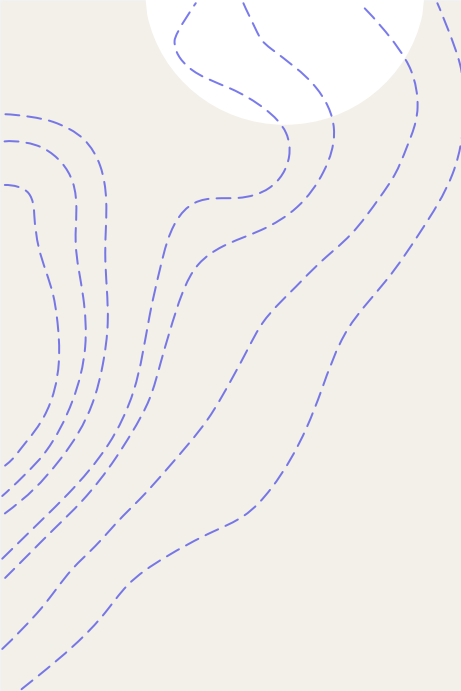


Mindfulness



Praktijkvoorbeelden





In theory, theory and
practice are the same. In
practice, they are not.

Albert Einstein

 quote fancy

