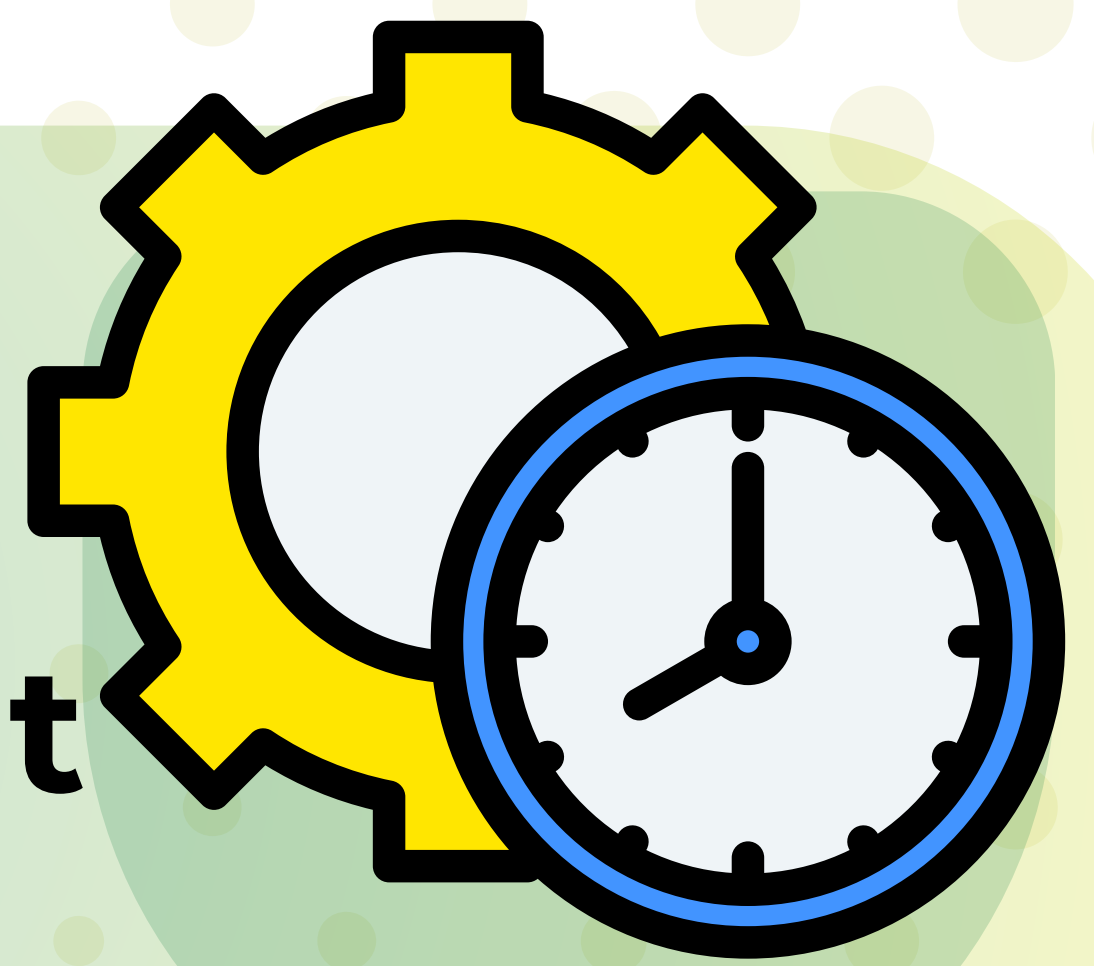


TimeManagement PARADOX

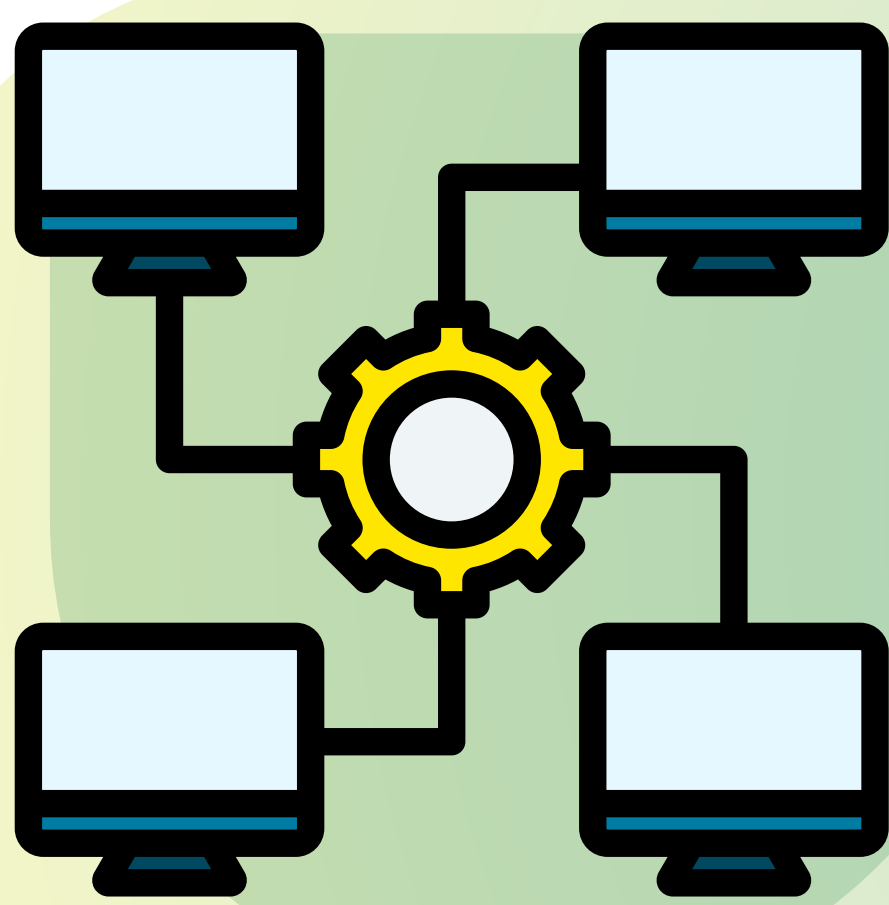


**Efficiënter werken
door TimeManagement**



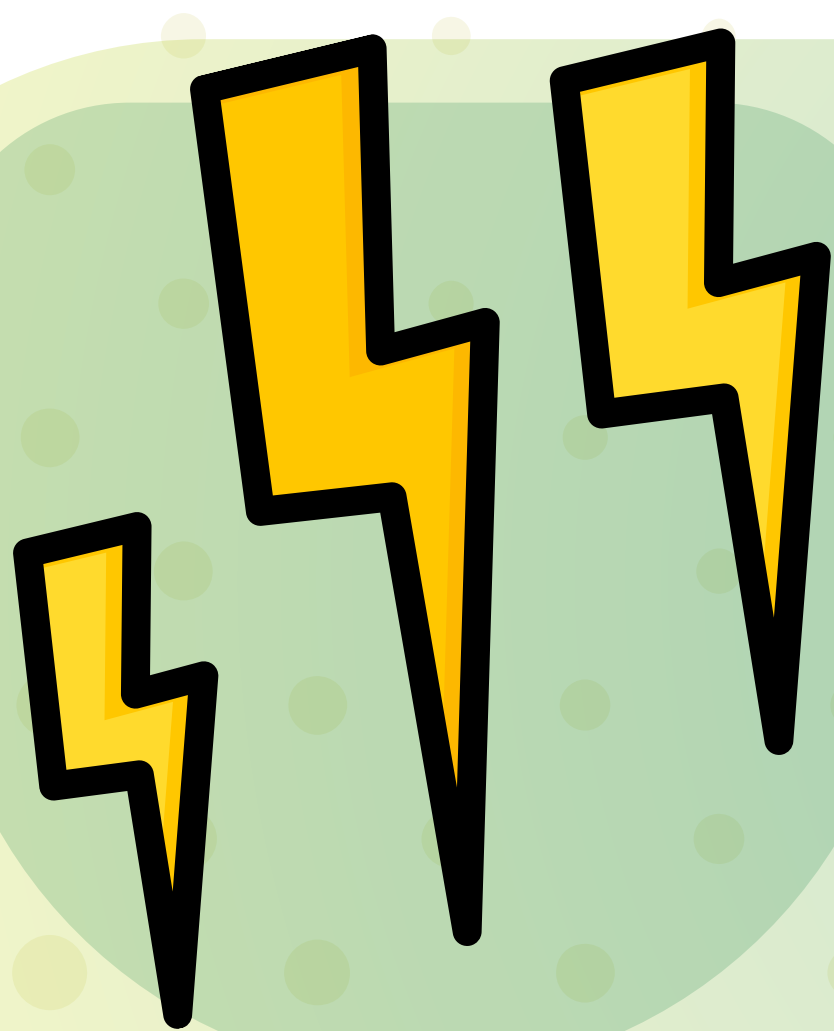
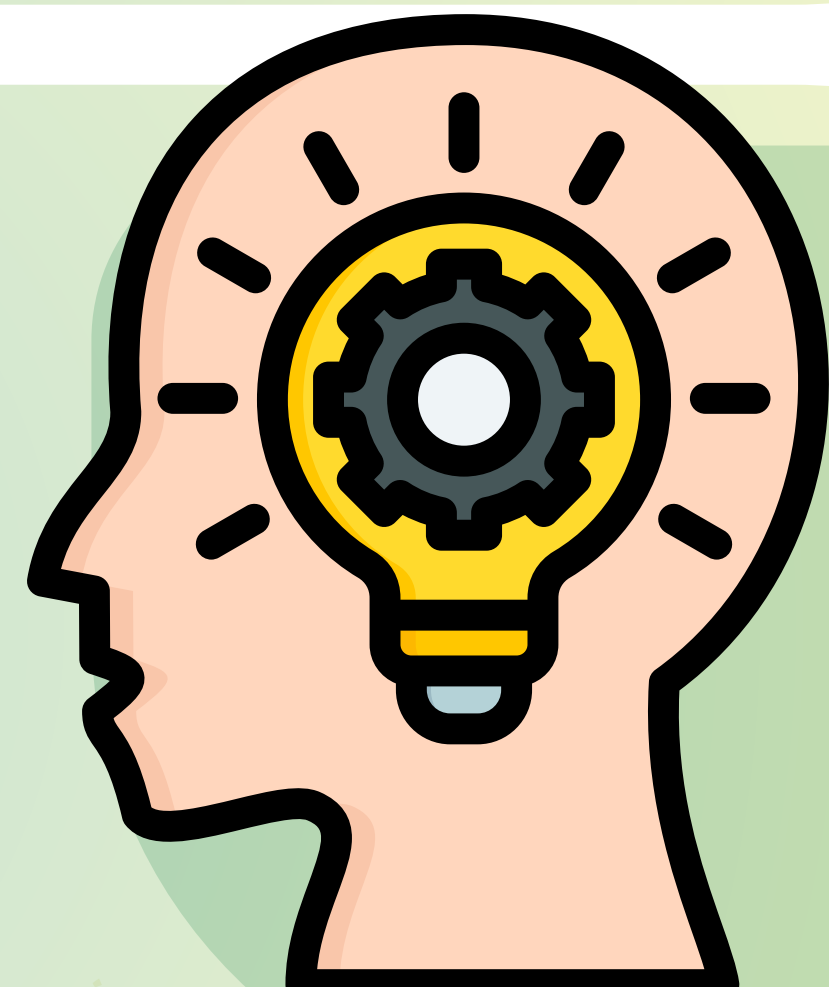
**Meer efficiëntie,
meer werk**

**Meer werk: minder
focus én versnipperde
aandacht**



**Versnippering
leidt tot
vaker schakelen**

**Schakelen kost
extra energie**



**Minder energie,
minder productiviteit,
meer stress**

**Oplossing:
AandachtsManagement**

