

In this keynote, Professor Geraerts provided us inspiration for ways to build our personal resilience and that of our team. Investing in resilience leads to greater productivity and happiness. As Stephen Hawking said: "Intelligence is the ability to adapt to change."

HOW TO TRAIN YOUR BRAIN

1. AWARENESS

Ask yourself the question: 'What was I just thinking?' This increased meta-awareness will reduce your stress.

2. FOCUS

Make sure to do **singletasking**. To reach the flow, try to adopt an attention ritual.

3. UNFOCUS

Invest in absent time. Your brain can not run three marathons in a row. **Recuperate**, go **offline** to regain energy.

4. KNOW YOUR INTRINSIC MOTIVATION

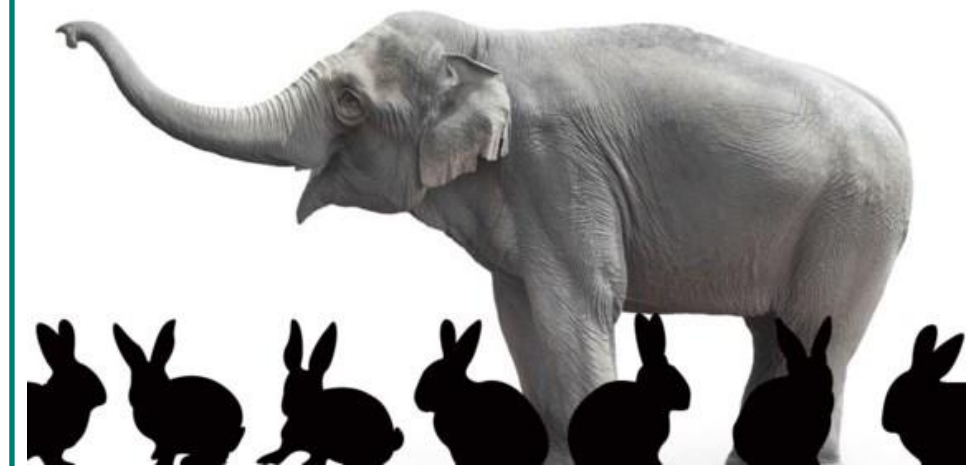
Reflect on what is intrinsically motivating you. Take up **ownership** to proactively seek your sources of **energy**.

5. TOWARDS THE STRETCH ZONE!

Experiment with **new habits**. Have the guts to step out of your comfort zone, especially now in these challenging times.

When going after an elephant, don't get distracted chasing rabbits.

#focusonpriorities



Let's be a caliHero !

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Positive digital flow



With a PhD in psychology, Professor Elke Geraerts held various positions at the universities of Harvard, Saint Andrews, Maastricht and Rotterdam.

In 2014 she started her company Better Minds at Work, an international consultancy company focusing on how to increase mental resilience, energy and productivity of employees. Her team consists of about thirty psychologists, doctors and consultants. In 2015 she wrote the bestseller Mental Capital.

