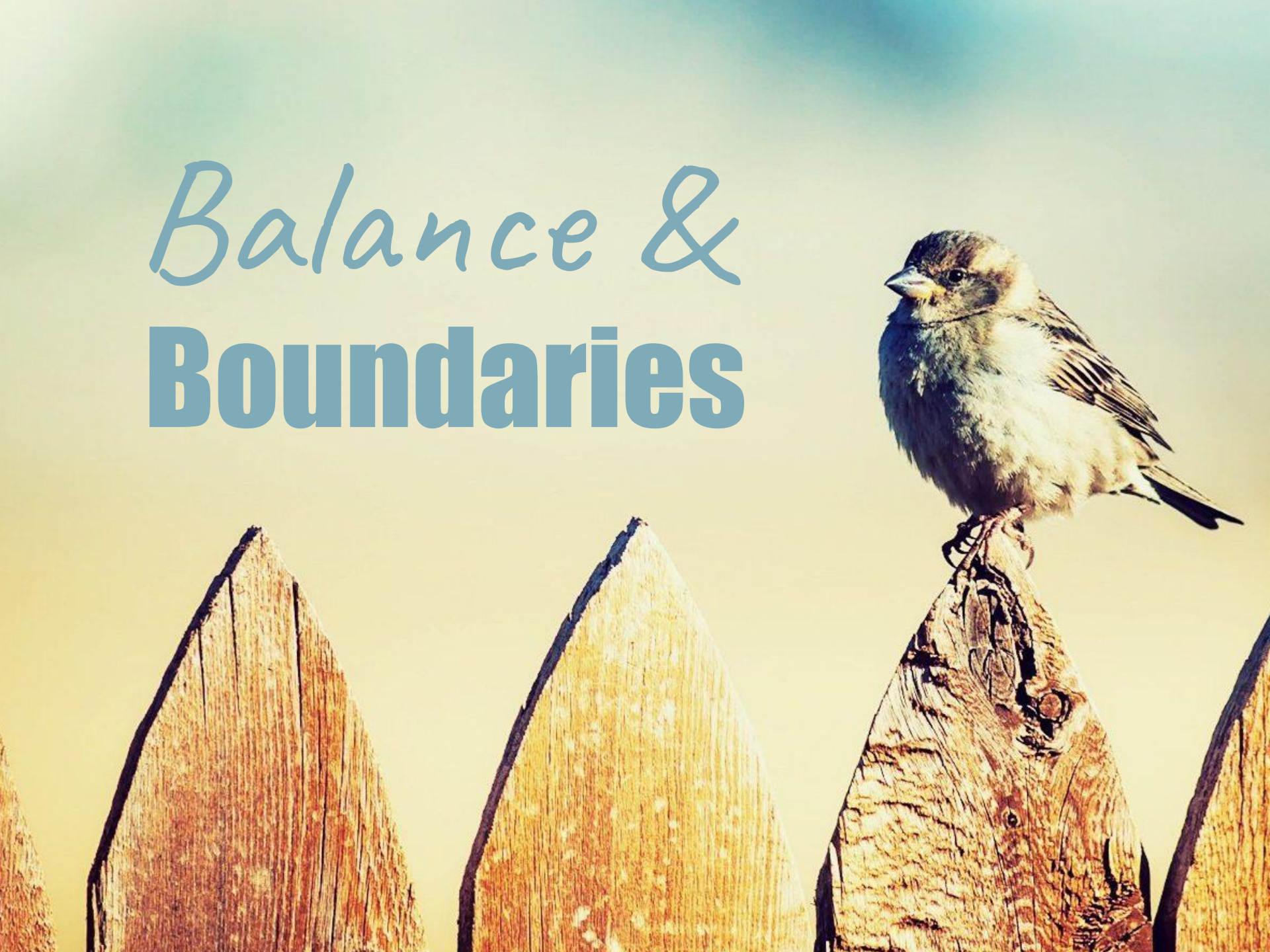
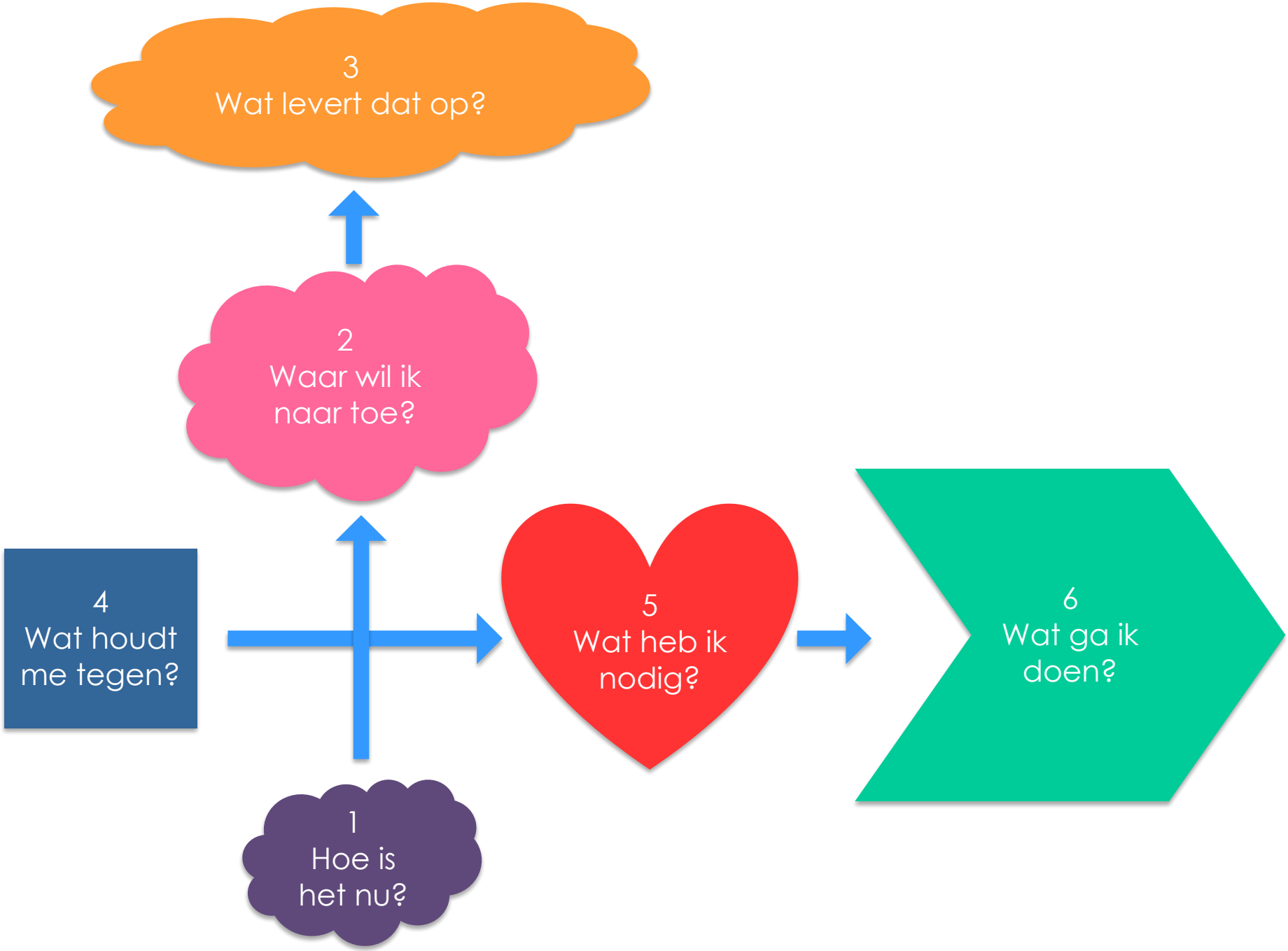
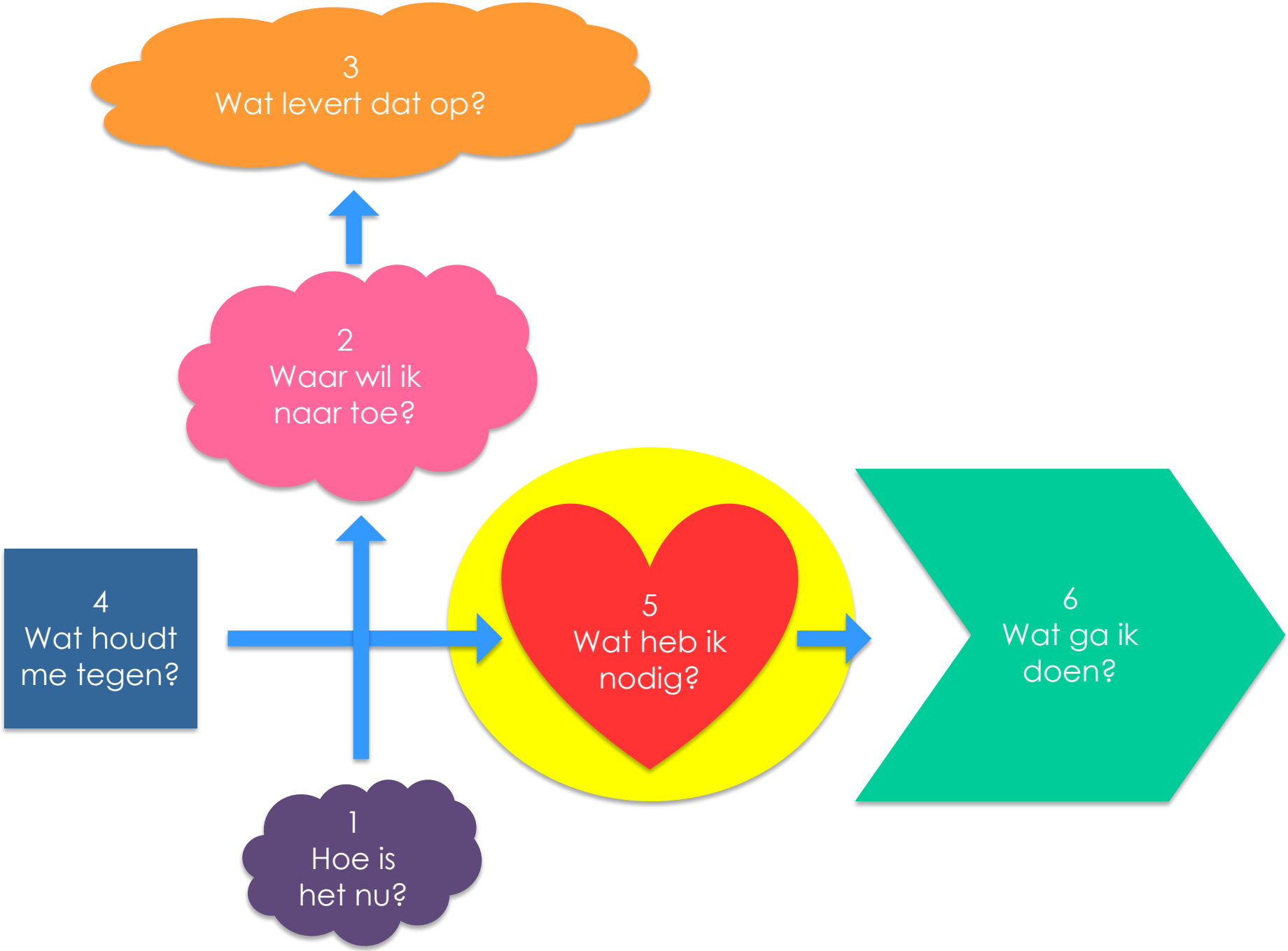
Balance & Boundaries



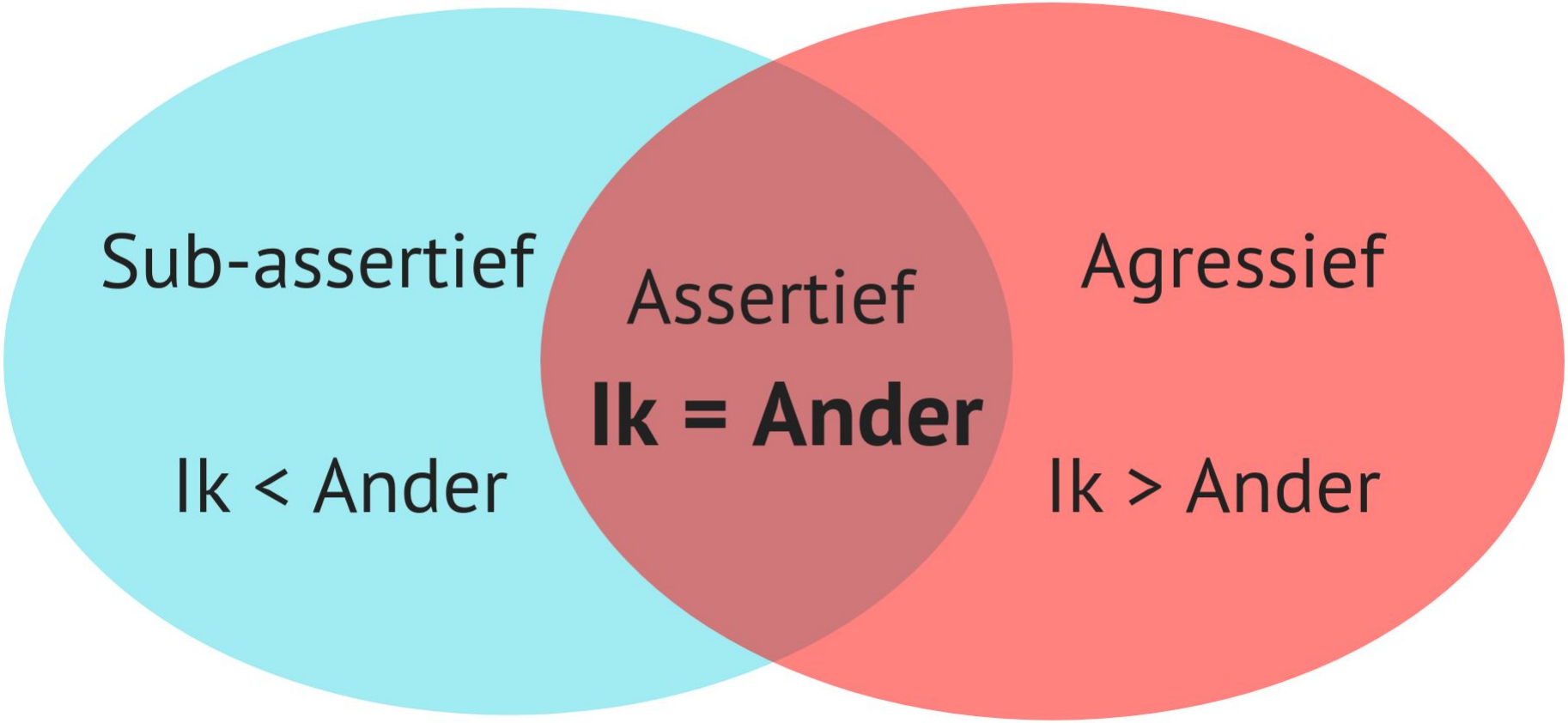
Programma

- De balans opmaken
- Waarom disbalans?
- Leren balanceren: Boundaries


3
Wat levert dat op?
2
Waar wil ik naar toe?
4
Wat houdt me tegen?
5
Wat heb ik nodig?
6
Wat ga ik doen?
1
Hoe is het nu?


3
Wat levert dat op?
2
Waar wil ik naar toe?
4
Wat houdt me tegen?
5
Wat heb ik nodig?
6
Wat ga ik doen?
1
Hoe is het nu?

Leren
Balanceren


Sub-assertief
Ik < Ander
Assertief
Ik = Ander
Agressief
Ik > Ander

WELCOME

Sub-assertief

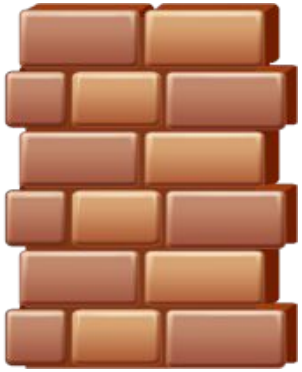
Ik < Ander

Assertief

Ik = Ander

Agressief

Ik > Ander



Sub-assertief

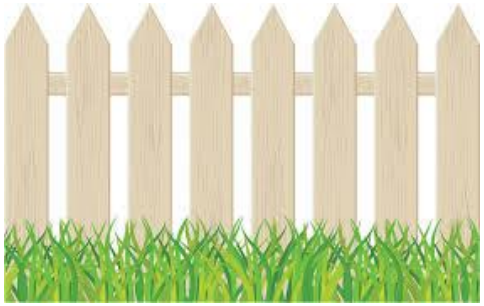
Ik < Ander

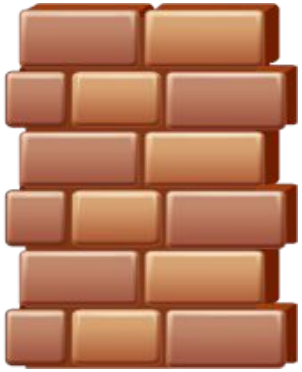
Assertief

Ik = Ander

Agressief

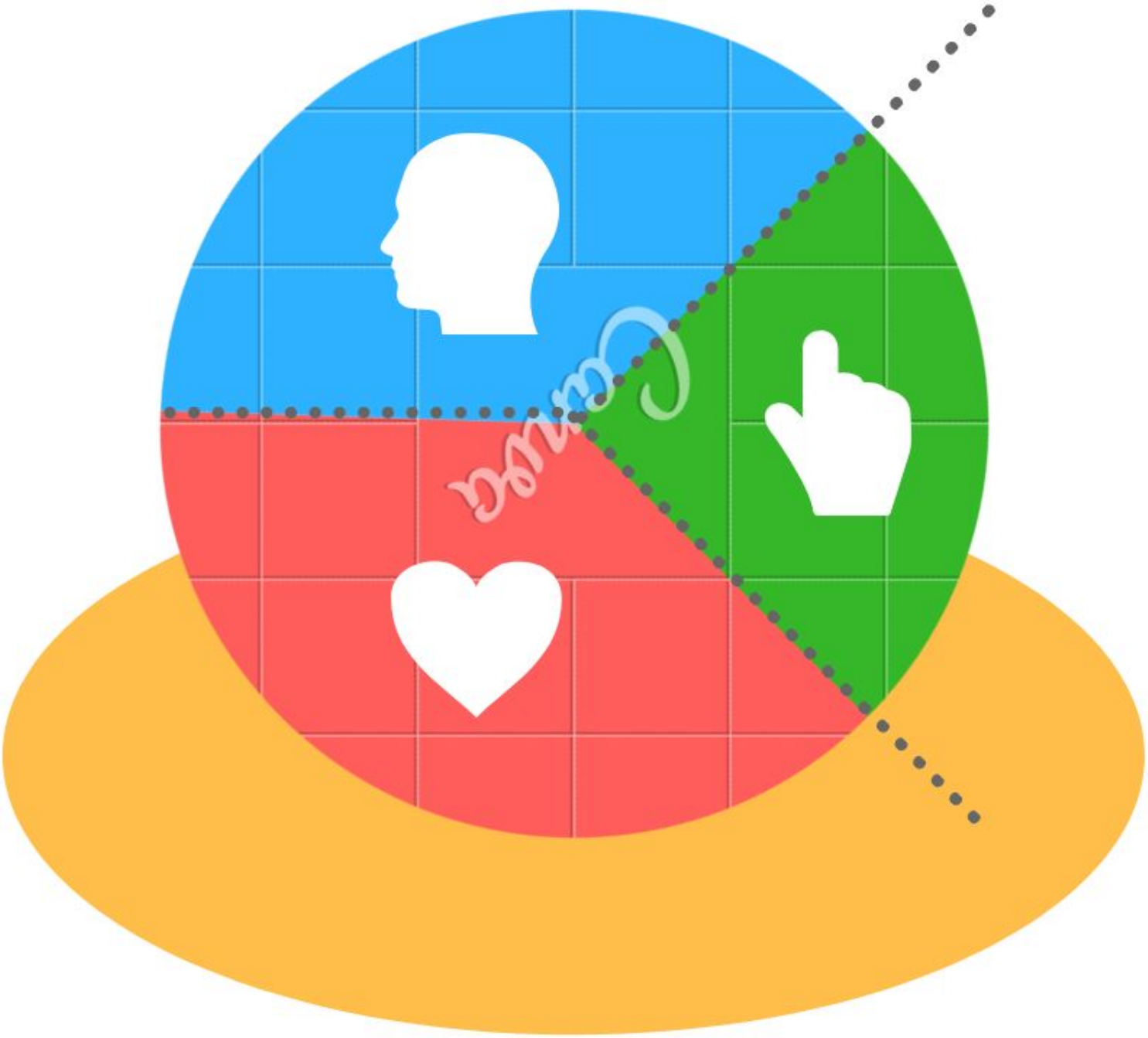
Ik > Ander





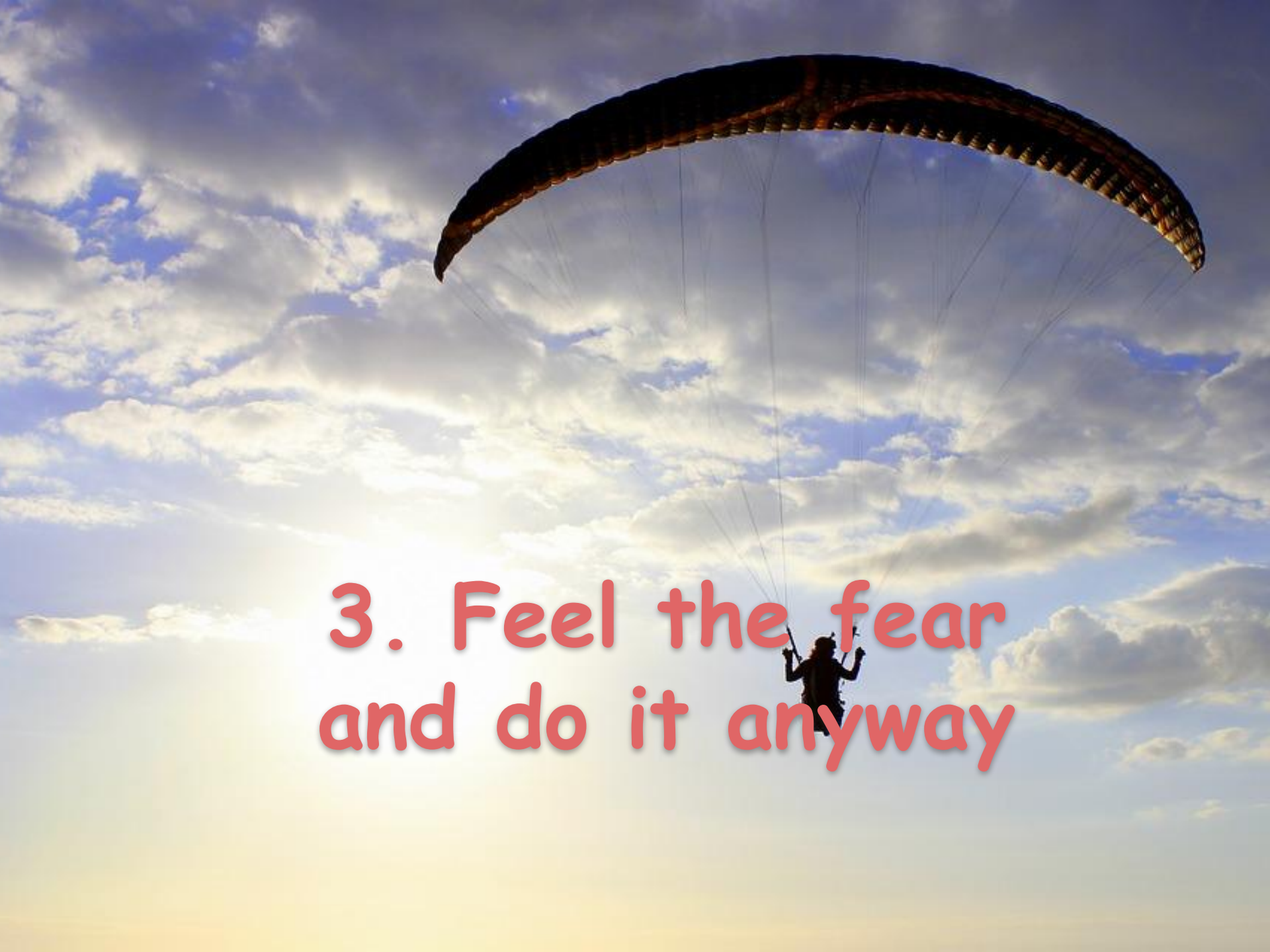
DE VLOEK
VAN DE
VRIENDELIJKHEID

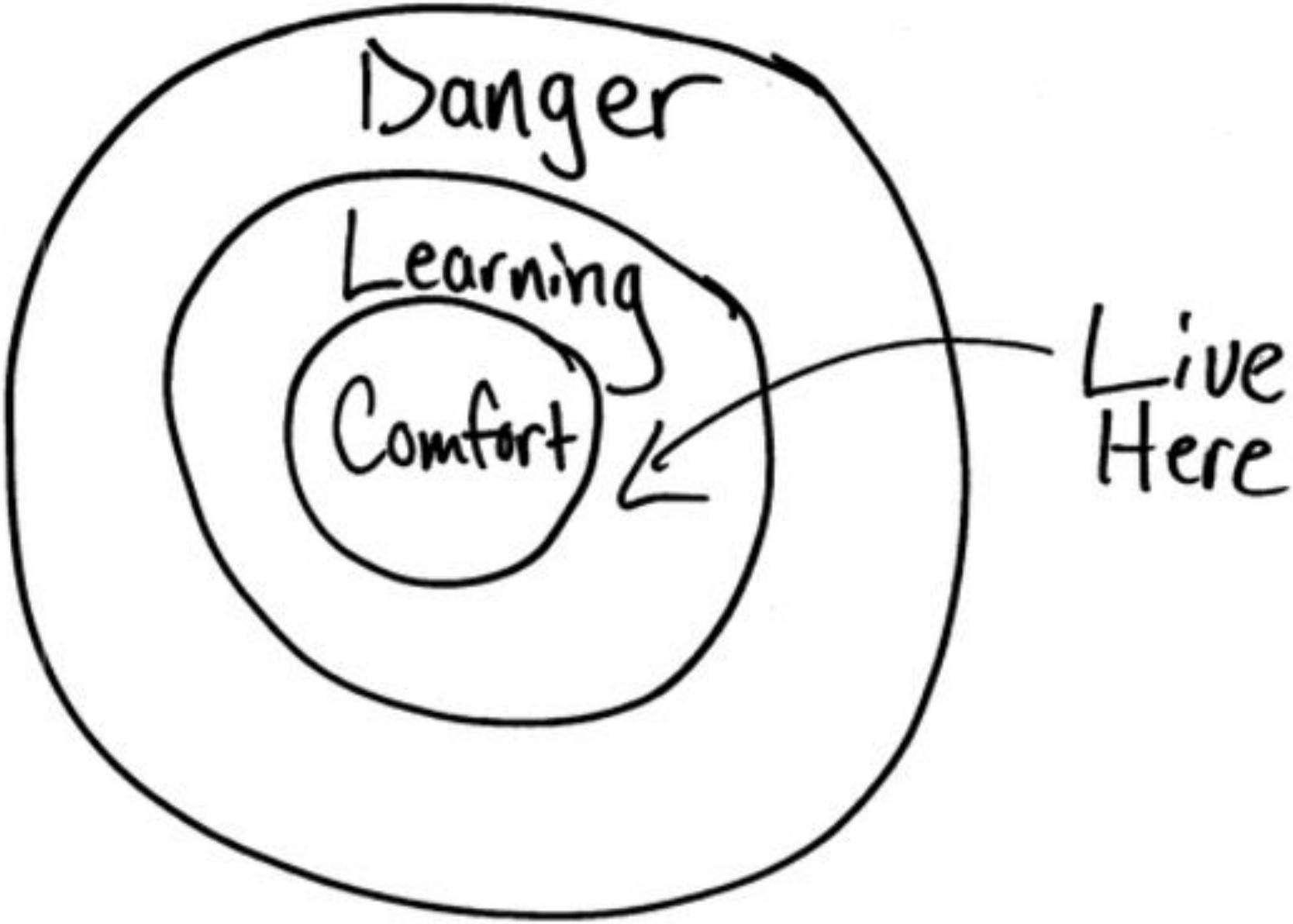
Vriendelijk
op mijn voorwaarden

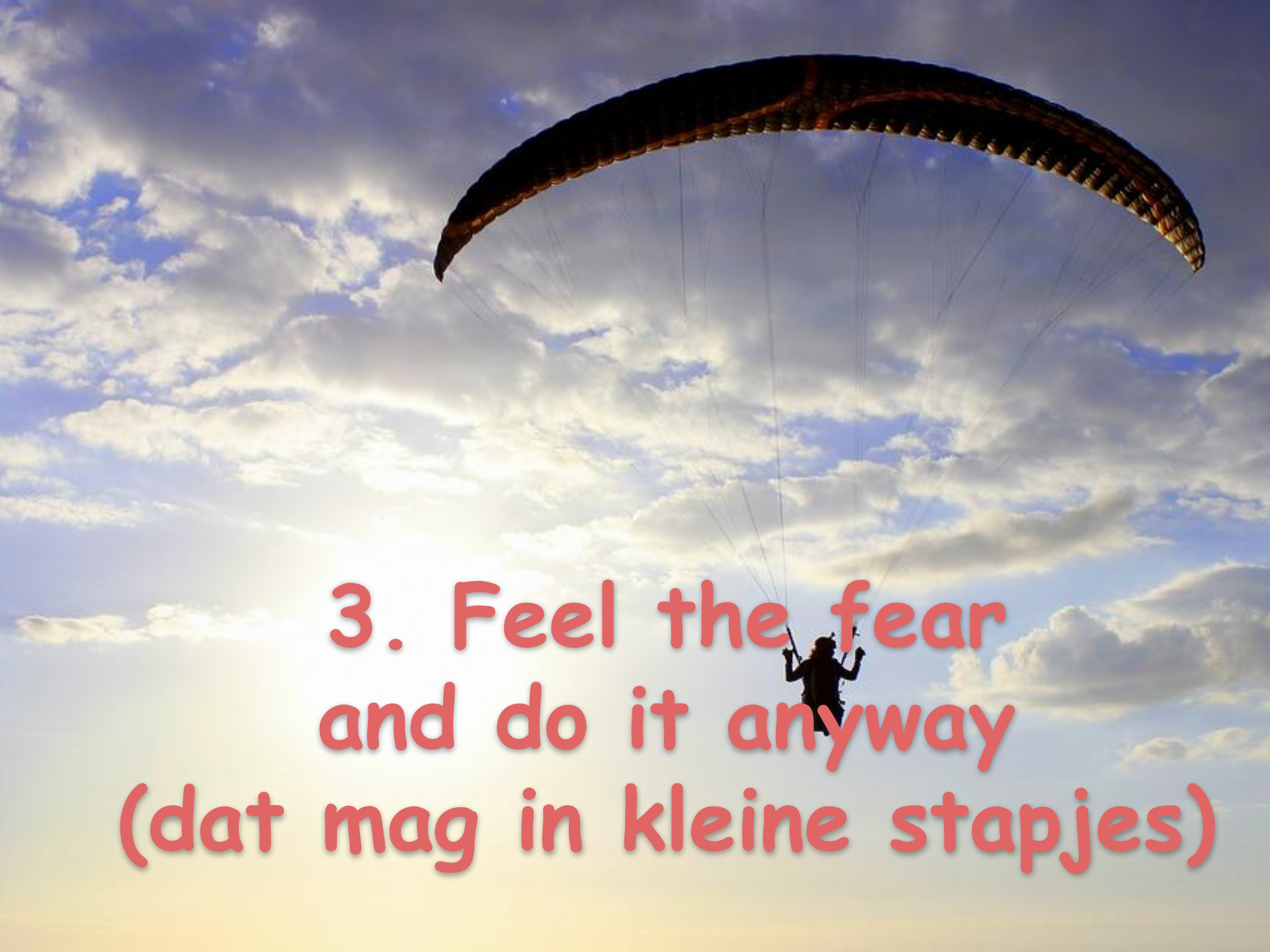


1. Verander je gedachte

2. Accepteer je gevoelens


3. Feel the fear
and do it anyway


Danger
Learning
Comfort
Live Here


3. Feel the fear
and do it anyway
(dat mag in kleine stapjes)

4. Weet wat je wilt

5. Sta stevig

6. Wees duidelijk

7. Zeg NEE