

Workshops VitaalEnergiek in 2023

Since 2022, there has been a collaboration between NWO-I and VitaalEnergiek. Together with VitaalEnergiek, a training and coaching agency in the field of vitality, we set to work to help employees improve their health and motivation towards work: their vitality. We've organized workshops on various topics at Bureau NWO-I from September to December, which were also joined by several colleagues from institutes. Workshops were also organized at institutes. From the evaluation, we decided to organize workshops again in 2023. This will be organized centrally by Bureau NWO-I, accessible to all NWO-I staff, institutes and bureau staff.

Workshops 2023

The schedule of workshops is as follows:

Date	Theme workshop	Time	Location
13-4-2023	Dealing effectively with stress and stimuli	13:30h – 16:30h	CWI, room L102 Adriaan
11-5-2023	Making effective choices and planning	13:30h – 16:30h	Online
8-6-2023	Combination: calmness of mind & mindfulness	13:30h – 16:30h	Bureau NWO-I, 11th floor
14-9-2023	Getting a good night of sleep	13:30h – 16:30h	CWI, room yet unknown
12-10-2023	Dealing effectively with stress and stimuli	13:30h – 16:30h	Online
16-11-2023	Making effective choices and planning	13:30h – 16:30h	Bureau NWO-I, room 8.04

A format of a total of six workshops has been chosen. Four of these will take place physically and these can only be attended physically. Thus, these are not hybrid. The two most popular workshops also take place online. Of the physical workshops, two of these take place in Amsterdam and two in Utrecht, to make it accessible to as many employees as possible.

You can sign up for workshops of your choice via this link: <https://www.nwo-i.nl/en/workshop-vitaalenergiek/>

The main language for a workshop will be determined when the participants are known, which means that when English-speaking colleagues participate, the workshop will be given in English.

Themes workshops

Dealing effectively with stress and stimuli

Stress occurs when you experience (too) much pressure and/or receive (too) many stimuli. What happens and how this high pressure is experienced is different for every person. When you know what happens in your body, what emotions and thoughts you experience as a result and how this affects your behavior, you can take steps to do something about it. This will lower your stress and increase your productivity.

Starting point:

In this workshop, you will learn to recognize stress and stimuli in time and learn how to influence them. This will create more peace and relaxation.

Results:

- Insight into your personal stress factors.
- Practical tools to recognize stress in time and to deal with stimuli.
- Personal action plan to apply the knowledge gained step by step in your daily life.

Making choices and planning effectively

The way you make your choices and plan your activities is not always obvious and effective. This can cause stress and experiencing a high workload. When you know what your goal is and the degree of priority and urgency, this helps you make the choices that are right for you. Your effectiveness is also increased when you have a better understanding of your choice strategies.

Starting points:

In this workshop, you will work on your choice strategies in a practical way. The ultimate goal is to have more control over your planning and make effective choices.

Results:

- Insight and tools you can use to choose an optimal choice strategy.
- Knowing how to arrive at choices.
- Step-by-step application of the knowledge and insights gained in your daily work.

Peace of mind

Restlessness in your head due to continuous thoughts prevent you from relaxing properly and cause stress. Peace of mind makes it easier to switch between performance and relaxation. When you know what you can do to experience more peace in your head, you can relax better and your stress level goes down. As a result, you reduce brooding thoughts, can think more clearly and make better decisions.

Starting point:

In this workshop, you will gain insight and techniques that will create more peace in your mind. This allows you to think more clearly and make better decisions.

Results:

- Insight into thought processes and how calmness arises in your head.
- Tips and tools to quickly create peace in your head and think clearly.
- Personal action plan to apply the knowledge gained step by step in your daily life.

Mindfulness

When you are more preoccupied with the events that have been or are yet to come, it allows you to have less focus on the present moment and what you are doing right now. Mindfulness helps you be more aware of what is going on and deal with focus and tension in a smart way. This allows you to do your work with more relaxation and focus.

Starting point:

In this workshop, you will learn the basics of mindfulness and how to apply it in everyday life in a practical and easy way.

Results:

- Knowing the basics of mindfulness and what it brings.
- Recognize what rest and relaxation is.

- Being able to apply mindfulness in daily life in a practical way.

Getting a good night of sleep

When you don't get enough quality sleep, it ensures that you don't have enough energy and recovery to stay vitally fit. This causes you to function less well and less effectively. Various factors including stress and the way you organize your day affect your sleep pattern. When you sleep well and healthily, you feel more vital and fitter so you can function optimally.

Starting point:

In this workshop, you will become aware of your sleep pattern and how to get sufficient and quality sleep. This will ultimately ensure more energy and better recovery allowing you to function optimally.

Results:

- Insight and knowledge about sleep, sleep patterns and sleep hygiene.
- Tools and tips for quality and healthy sleep.
- Action plan to apply the gained knowledge step by step in your daily life.

The VitaalEnergiek trainers

Derek Brouwer

Consultant / psychologist / trainer

Derek is the founder and owner of Vitaal energiek. He is a psychologist and sustainable employability consultant. His specialism is vitality, absenteeism, burn-out and stress. He gives employees (back) responsibility and control over their own lives and vitality. As a result, people function with more freedom and health. Derek is thorough, open, enthusiastic and has an eye for growth and fun within his work.



Bernadette Dengler

Trainer / coach

Bernadette is trained as an effortless coach and vitality trainer. She helps employees resolve their blockages, (subconscious) beliefs and habits in the field of vitality and personal development. Her goal is an effortless life: speaking and moving freely from the most authentic self. Bernadette is particularly good at hitting the right tone for each person. She is analytical, sincere, understanding and efficient and strives for solutions, which can be used immediately in daily life.



Yvonne Grol

Trainer / coach / therapist

As a trainer and coach, Yvonne specialises in vitality and stress-related complaints. She helps people gain insight into underlying processes and beliefs. From within their own direction and responsibility, she teaches people to make choices that give them more inner peace. Yvonne is also trained as a loss and grief therapist. Yvonne is open, thorough and committed. She knows how to easily create a safe setting from which to start a movement together that will benefit mental and physical health.

