

"This course hits rock bottom, I can really put this to use!"

Participant

8,5

COURSE

OMM© BEHAVIOUR IS AN ACTIVE VERB

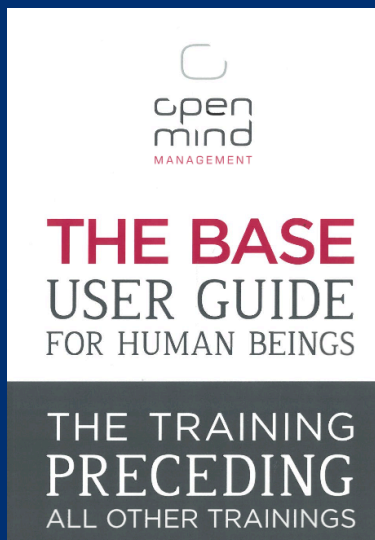
**Discover yourself at the crossroad
between neuroscience, psychology
and organisational science**

"This course gives me energy and time savings!"

Manager

BEHAVIOUR IS A VERB

Course leader



Jane Zuidema
Author of the book
Behaviour is a verb



BEHAVIOUR IS A VERB

This course entails the next step in developing knowledge, skills and behaviour. We focus on the core: the emergence of behaviour and recognising and acknowledging your behavioural patterns. This training provides an insight in yourself on a deeper level. It is the catalyst for your development.

WHAT'S ON THE MENU?

Training and education nurture your professional knowledge and skills. Is this sufficient or do you experience recurring patterns? Behaviour is a verb is not about content but about behaviour. What's the origin of behaviour? Is your own behaviour effective and your own choice or is it an old pattern consuming a lot of energy?



**Increase your
personal
development!**

"I would grant anyone the opportunity to get to know one self this profoundly!"

Participant

PROGRAMME

SESSION I

THE BRAIN

How does our behaviour originate? Which brains do we have and how do they interact?

- Brains, Neurons and listening
- Interaction

SESSION II

'FUSS'

- What is the role of fuss in a team?
- Which type of fuss do you prefer?
- Behaviour related to recognition

SESSION III

LEAN INFO FLOW

How to hold effective meetings

- Time structuring
- Information flow
- Language hygiene

SESSION IV

MASTERPIECE

Analysis on individual, team or project level

- What motivates me? Which drivers do I have?
- Where do these drivers come from?

BEHAVIOUR IS A VERB

REVENUE

Many concrete and dynamic tools, immediately applicable:

How behaviour emerges

Where does our behaviour come from, from a neuroscientific and psychological perspective?

How 'learning' and 'changing' operate in your brain

Awareness of deeper behavioural patterns

At which points and how can you expand your behavioural menu?

Recognising behavioural patterns of others and responding to these from your own perspective

Drama triangle methodology

How to discover 'fuss' in time and how to turn this into the script of winners' triangle?

Collective behavioural language

Exploring and recognising in order to expand your behavioural menu

Monitoring behaviour

Breaking patterns

Instructive videos and exercise

"This is about yourself"

"Interesting and very useful to work on your personal development"

"I experience choices in my own behaviour and performance"

"As a manager, I improved in comprehending what happens in interaction and dynamics."

OPEN REGISTRATION

INVESTMENT

- 4 Sessions of OMM© Behaviour is a verb
2 Individual sessions
24/7 Coaching app
- €1.750,- per student (exclusive of VAT and location costs)
 - Each student receives a copy of the book "The Base User Guide"

RESULT

In this intense, individual trajectory you will focus on your ownership of your behavioural patterns. You will experience choice, peace of mind and space.

SIGN UP

Spring or autumn. Start date in agreement with the students.



☐ Yes, keep me informed when the course starts.

My e-mail: _____

☐ Yes, I sign up _____

Location: Papendorp, Utrecht.