

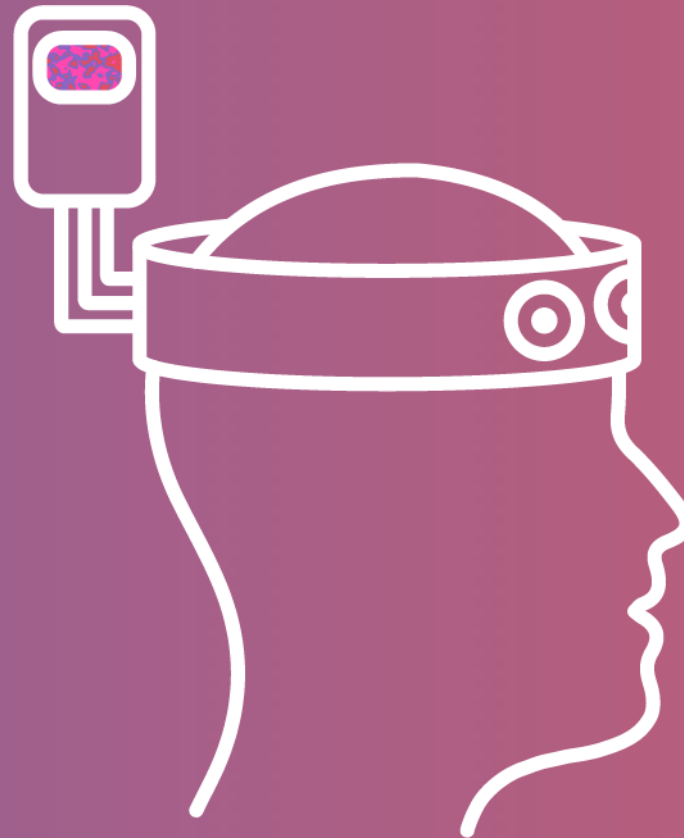
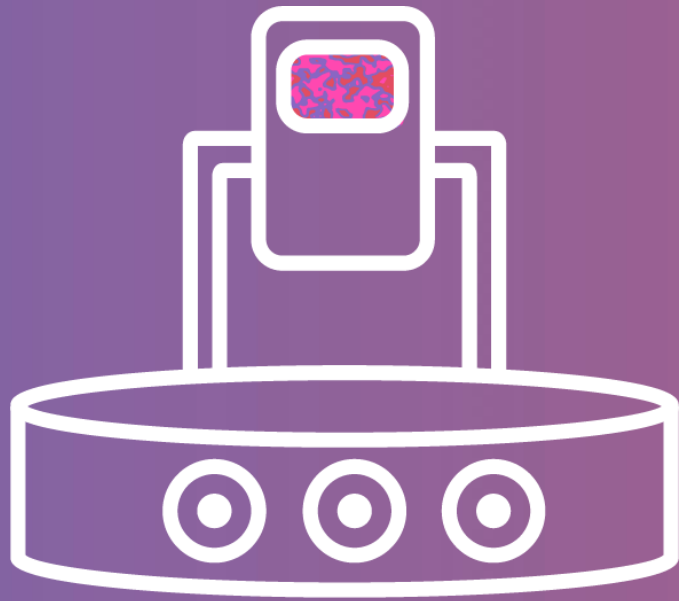


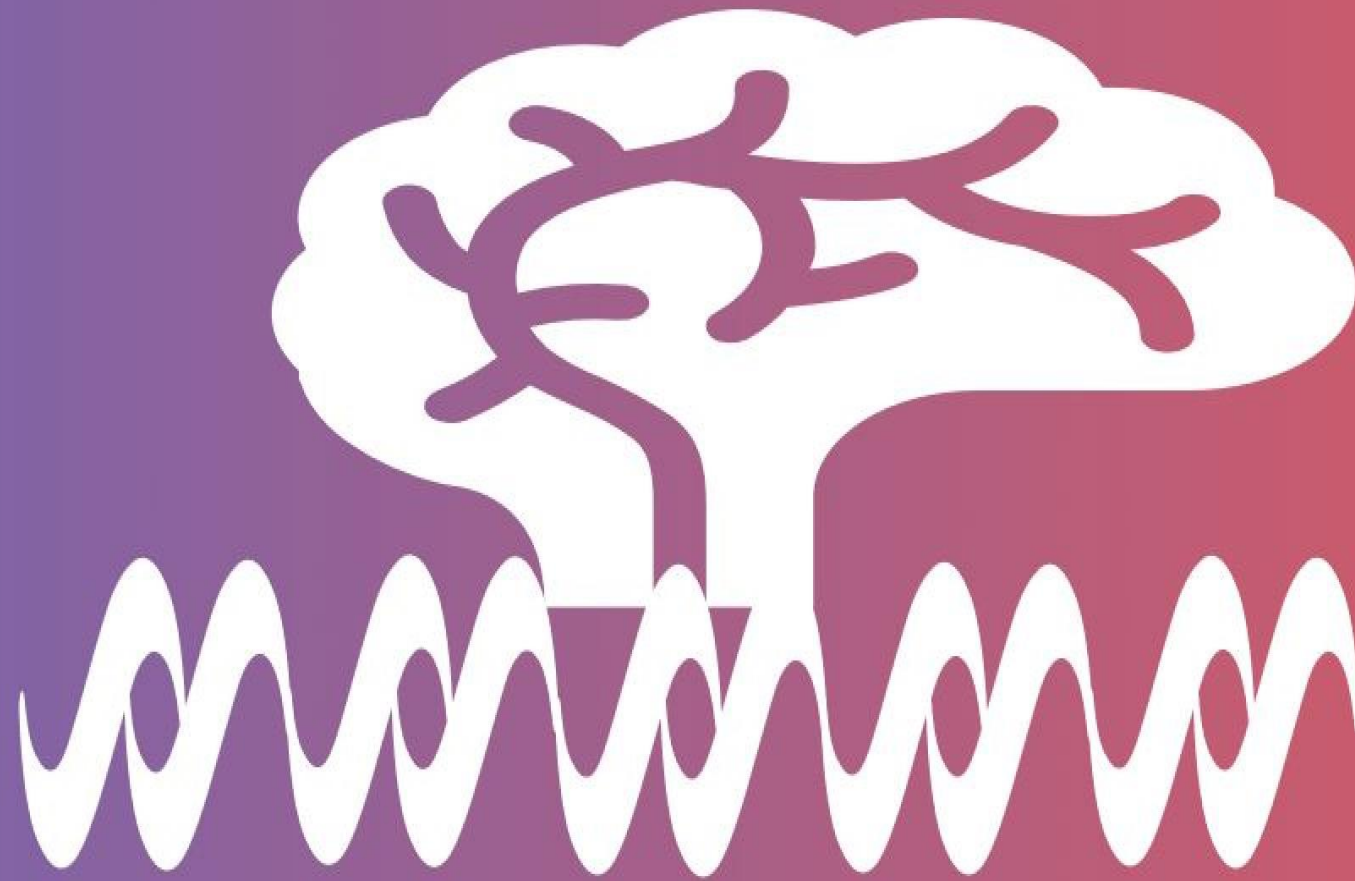
51Hz

Discover why you do what you do

Let your brain tell you who you really are in 5
minutes with the 51Hz MindScan

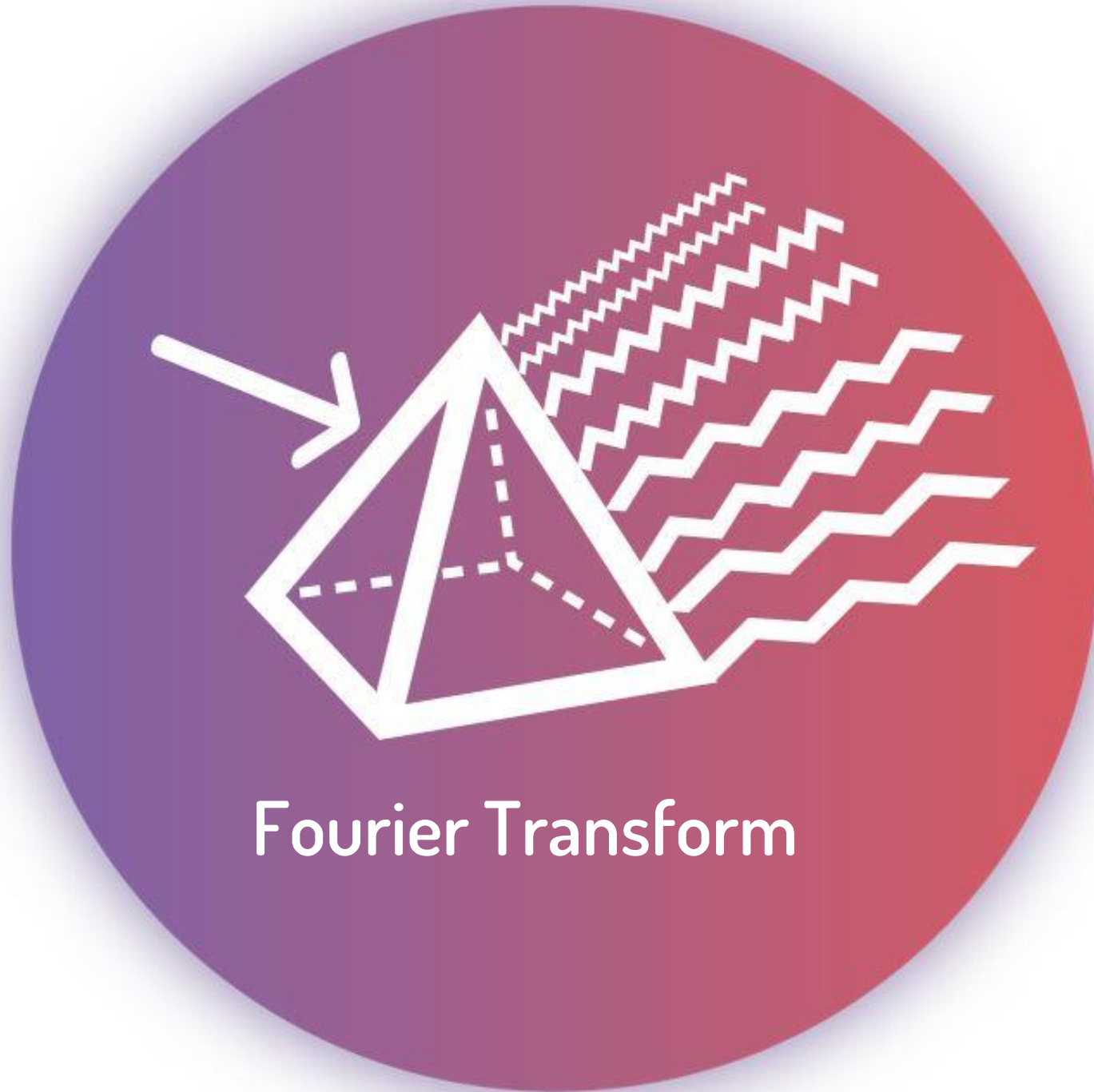
We make MindScan's





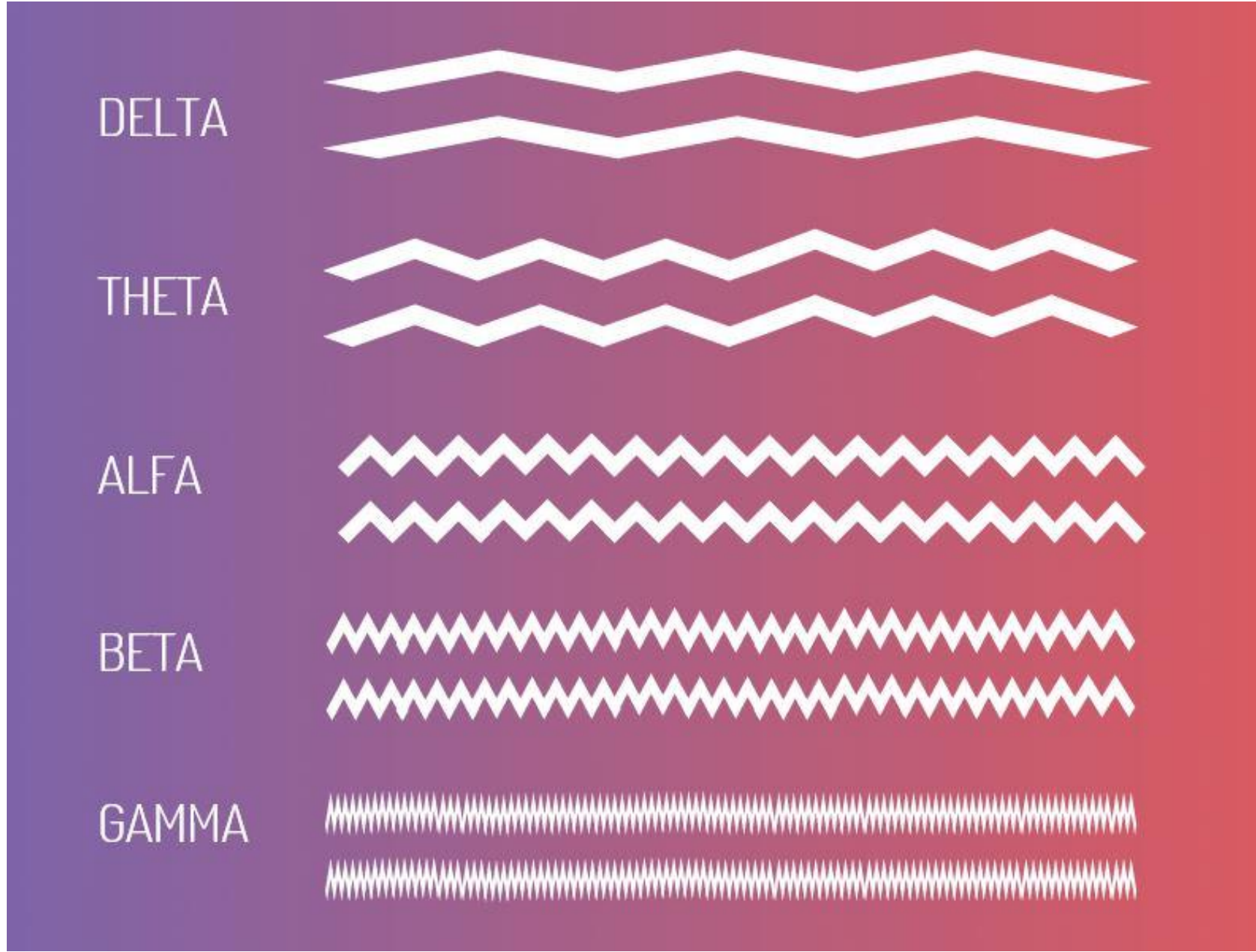
Brain works on electricity





Fourier Transform







Thought:
"you are hurting me"



Brain frequency:
18.5Hz



Hormone:
adrenaline

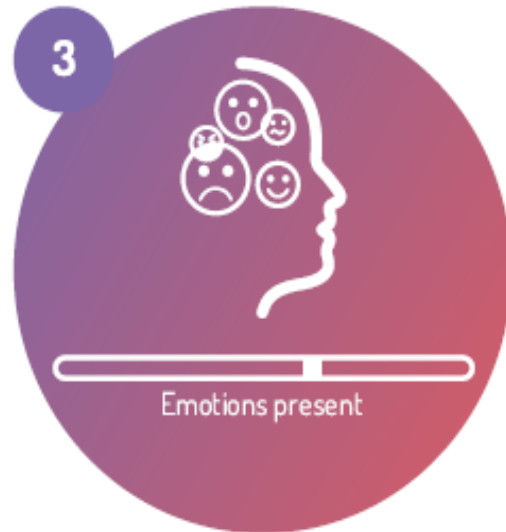


Emotion:
angry



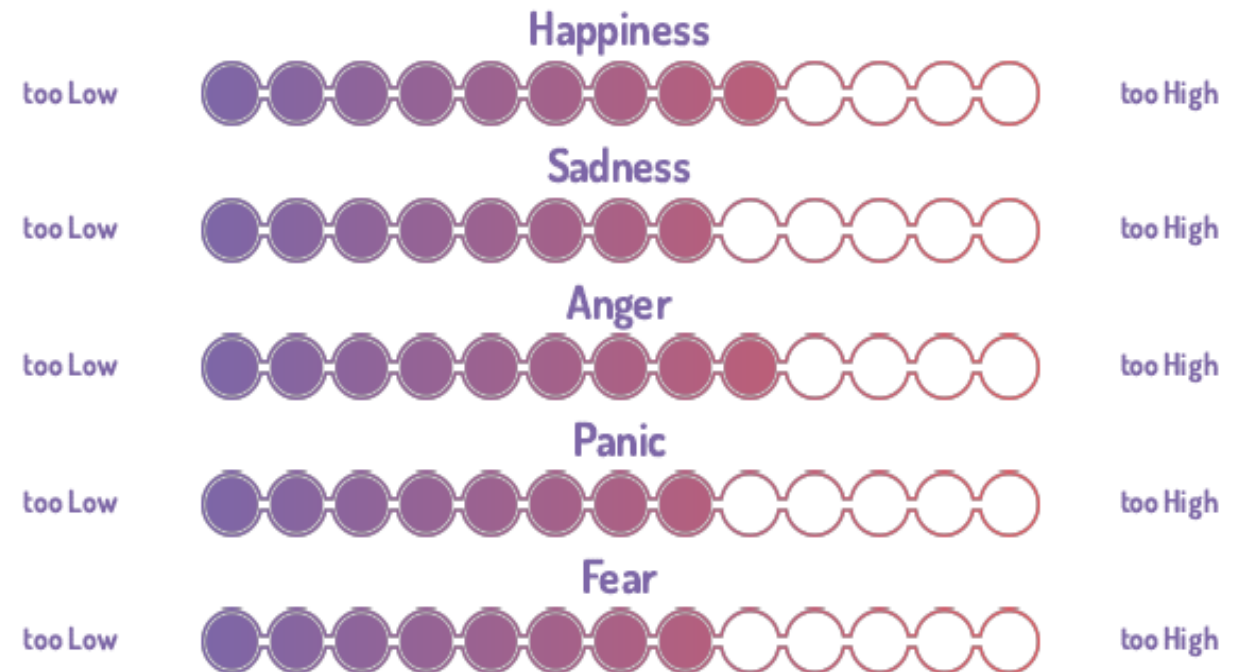
Total Score: Emotions

Total score



Emotions can offer you insight, wisdom and strength. You probably know the five basic emotions: joy, sadness, anger, panic and fear. Average scoring on emotions is best, except for happiness, which can of course also be higher.

Structure of your total score:



Base Score: Energy

Total score



Energy is about the degree to which you are tired. Ultimately, our limitation, in a busy life, is the amount of energy we can muster.

Cause of your total score:

Physical energy

Low energy



Lots of Energie

Physical energy is about the degree to which you are physically fatigued. With sufficient physical energy, you recover faster, you have less chance of injuries, increased resistance to diseases, and a reduced risk of cardiovascular disease.

Mental energy

Low energy



Lots of Energie

Mental energy is about the degree to which you are mentally fatigued. You need sufficient mental energy to be able to focus, to process emotional events and it contributes to your creative and problem-solving abilities.



Base Score: Stress

Total score



Stress is a physical reaction that puts our body in a state of readiness. This ability provides a life-saving action if something threatens to go wrong. But you can also experience too much stress for a long time.

Cause of your total score:

Surroundings

Little pressure



A lot of pressure

This brain function is about the pressure you can experience from the outside world. Think of stress that arises from expectations that others have of you, such as parents or a supervisor.

Self

Little pressure



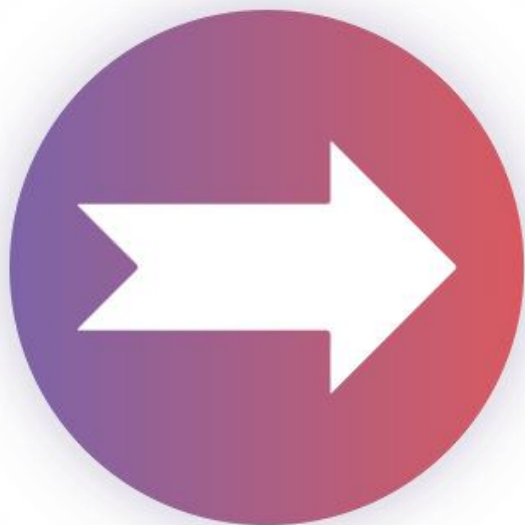
A lot of pressure

This brain function is about the pressure you can put on yourself. For example, because of your own fears or insecurities.

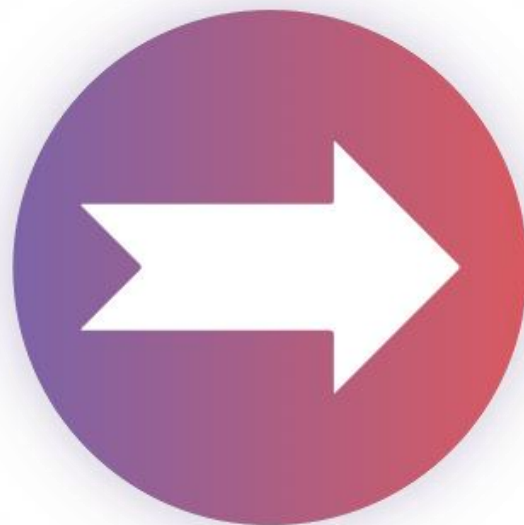


We want you to think in partnerships

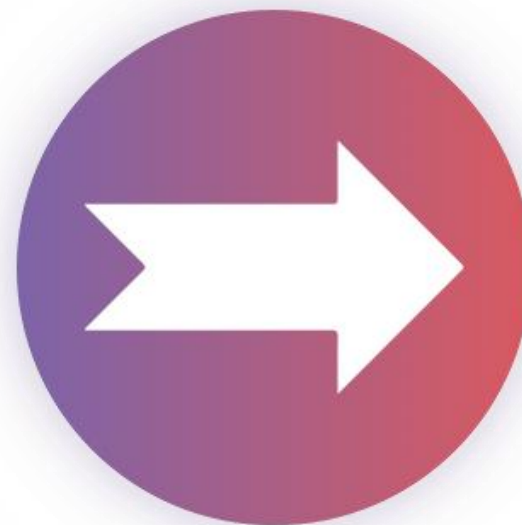
Validation



Support



Burn-out prevention



Social impact



Questions?

And if we run out of time we are here
after the presentations

www.51hz.nl

