

expo QA 24

MADRID
May 28th,
29th, 30th
2024



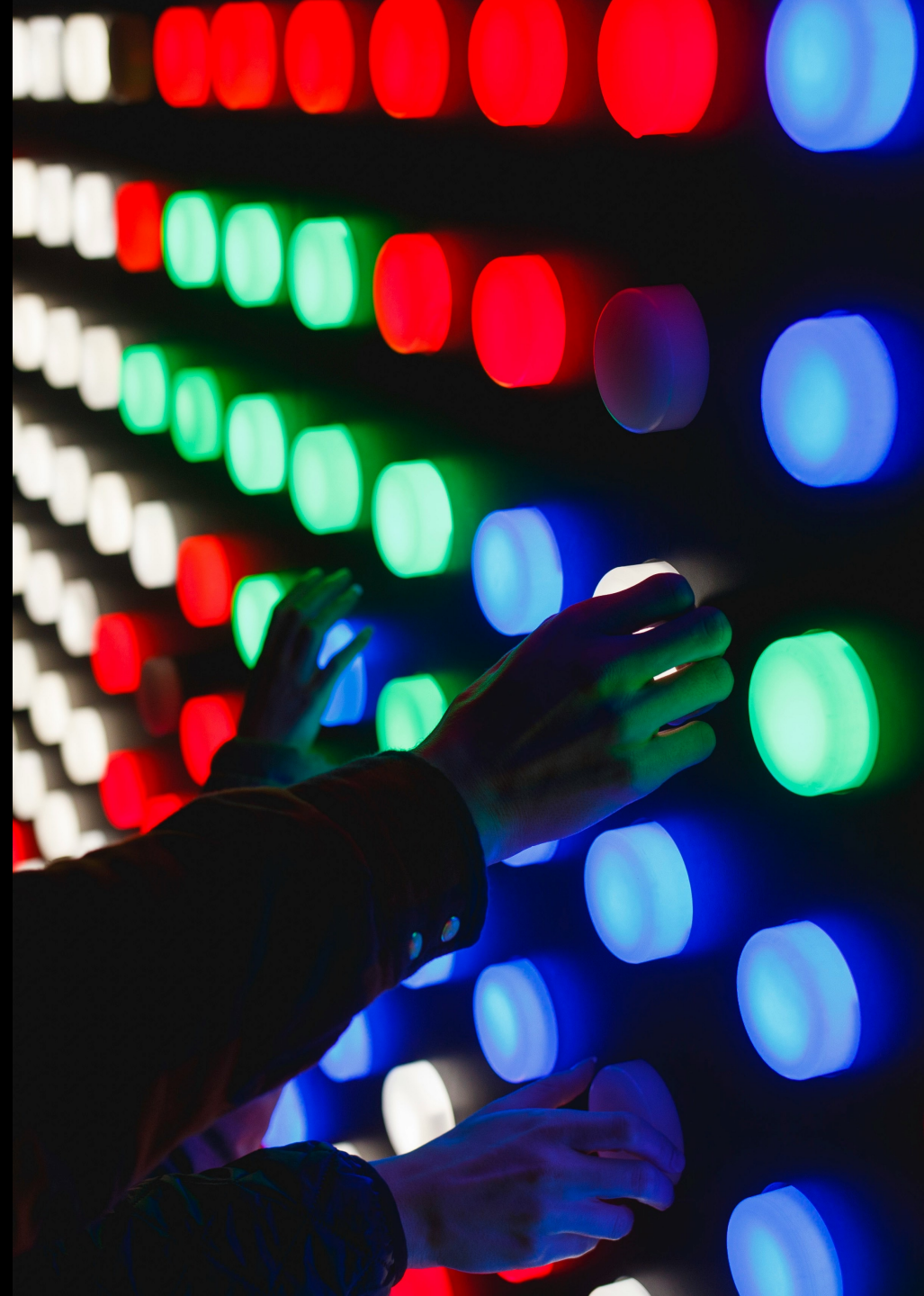
expoqa.com



LINDA
VAN DE VOOREN

THE EXPERIMENT

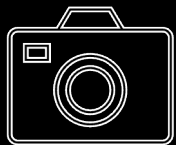
- Do not talk
- Do not discuss



YOU'RE

DOING

GREAT



LINDA
VAN DE VOOREN









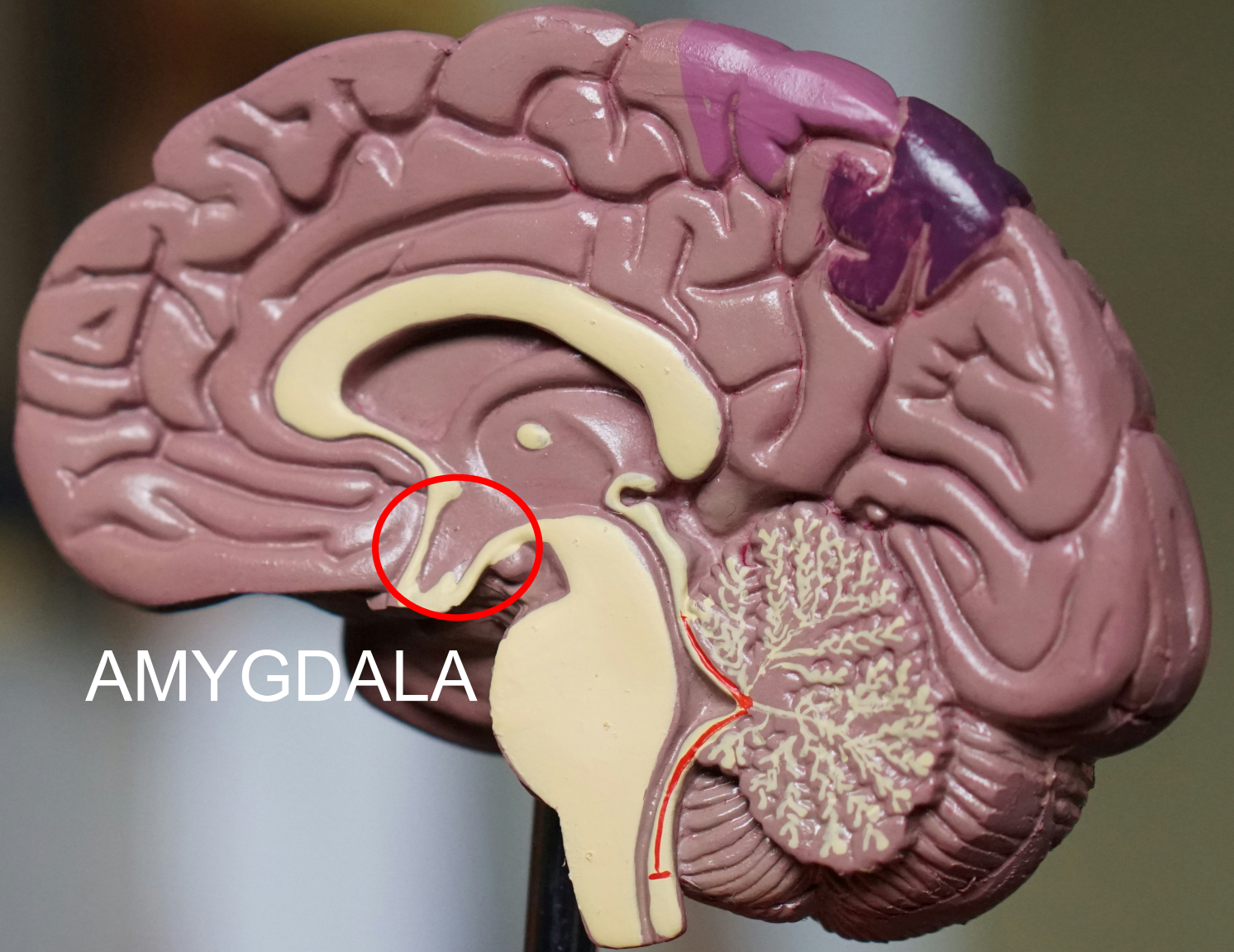




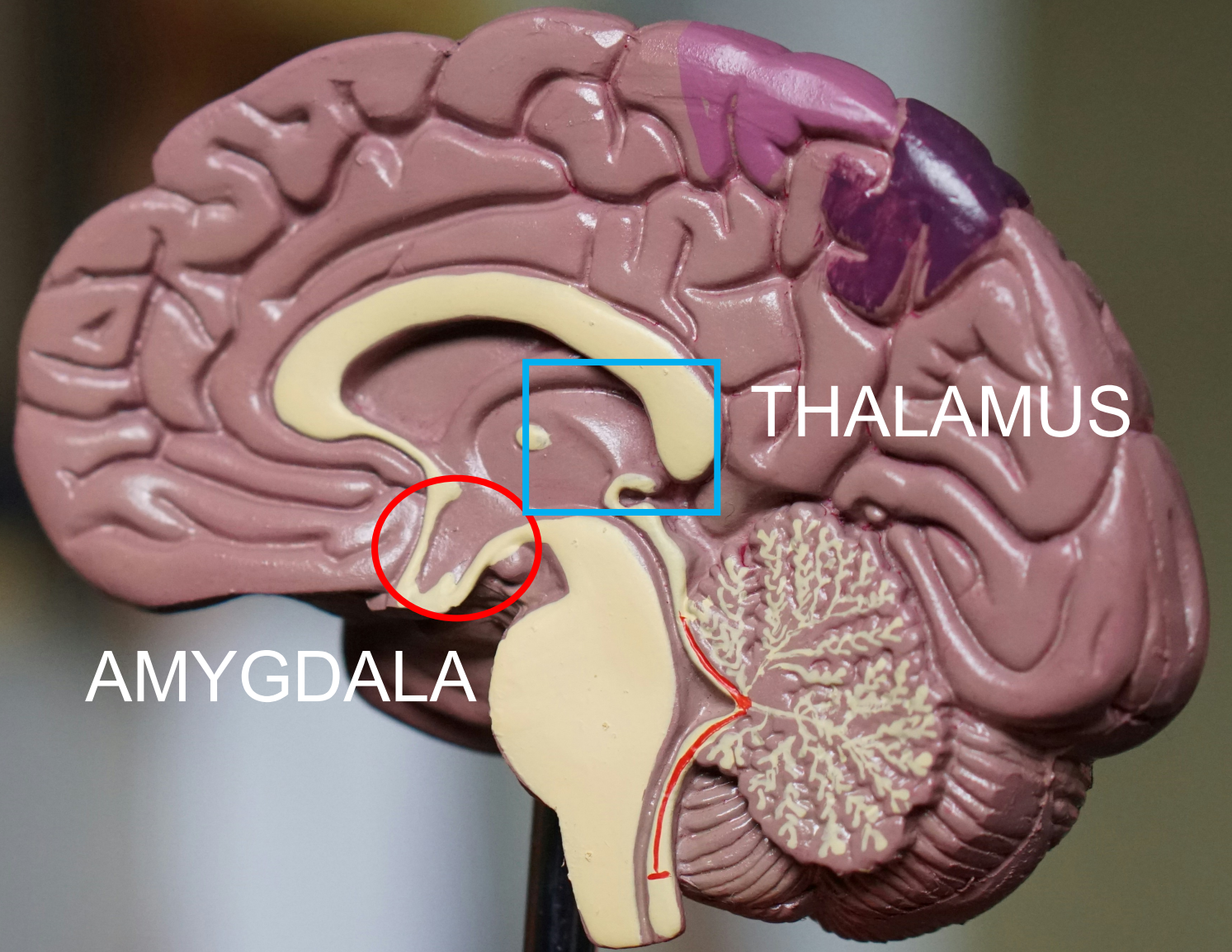
IT'S ALL
IN YOUR
HEAD







AMYGDALA



THALAMUS

AMYGDALA



PREFRONTAL
LOBE



THALAMUS



AMYGDALA





PREFRONTAL
LOBE



THALAMUS



AMYGDALA



AWARENESS
FREE WILL
CREATIVE IMAGINATION
CONSCIENCE



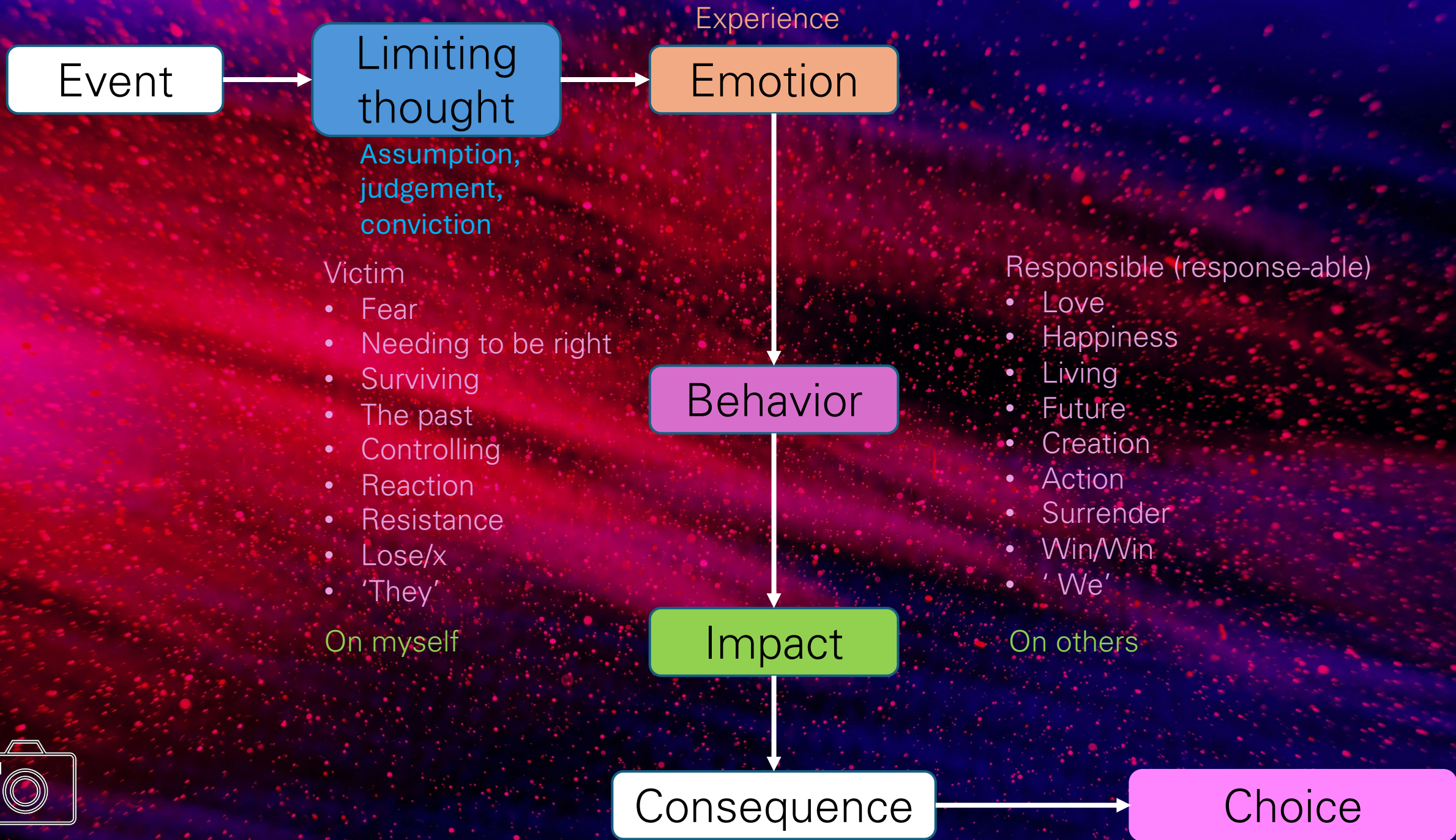


RESPONSIBILITY =

THE ABILITY TO CHOOSE
OUR RESPONSES









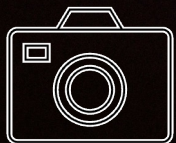
Emotional weakness to emotional control

Negative thinking to positive thinking

Fixed mindset to growth mindset

Expectation to appreciation

Big changes to small adjustments



People want to change,
but they don't want to be
changed



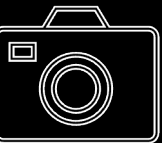


Change





External influences affect
your mindset
Break your negative spiral
in your mindset
Your behavior influences
others



Thank you for your attention!

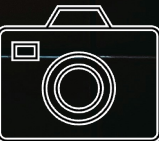
Muchos gracias!



Slides and information at

LINDAVANDEVOOREN.NL/expoqa-2024/

   @SAPPHIRELINDA



expo IQA 24

MADRID
May 28th,
29th, 30th
2024

Thank you for attending

expoqa.com