

»Out of sight out of mind«

OOSOM



Kerstin Kude-Osman

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“Train your 5 senses to keep up your competences for excellence”

Stand up, take two steps back – and then do 60 seconds training for one of your senses:

- » You can **SEE**: Don't close your eyes, put your hands in front of your eyes or look to a nice view in front of you
- » You can **HEAR**: Open the window and listen
- » You can **SMELL**: Take a smell at the branch in front of you
- » You can **TASTE**: Taste the scandy in front of you
- » You can **FEEL**: Put one of your hands with the inner face upturned in the other

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