

A person with brown hair tied in a ponytail, wearing a blue and white striped long-sleeved shirt, is seen from behind, swinging on a rope bridge. The bridge is made of wooden planks and metal chains. The background is a vast, hazy canyon with steep, rocky walls and some greenery on the right side. The word "FORWARD" is written in large, white, serif capital letters across the middle of the image, with a small white starburst icon to its right.

FORWARD



# FORWARD\*

## - Coping with sudden changes of Everyday Life and Ways of Working

Academy of Brain experts have designed an online training learning track, to support you in your everyday life and remote work.

The program supports the wellbeing of the company's core capital, people; recovery, everyday mind skills and resilience. Participants will also have the opportunity to develop remote leadership and ways to enhance digital interaction and virtual teamwork.





### **Everyday mind skills**

Emotions and needs have a strong effect on your behavior. This tutorial aims to help you acknowledge and accept your emotions and needs.



### **Improve your recovery skills**

Recovery divides into two: physical and mental – body and mind. Do you know how to recover mentally? Do you have the tools to energize yourself?



### **Sleep better in five weeks**

Have you tried improving your sleep? How has it worked out? This tutorial focuses on improving the quality and the quantity of your sleep.



### **Show the Person Behind the Actions**

Sharing your inner world, your emotions, thought processes, and even insecurities builds mutual appreciation, trust, and psychological safety.



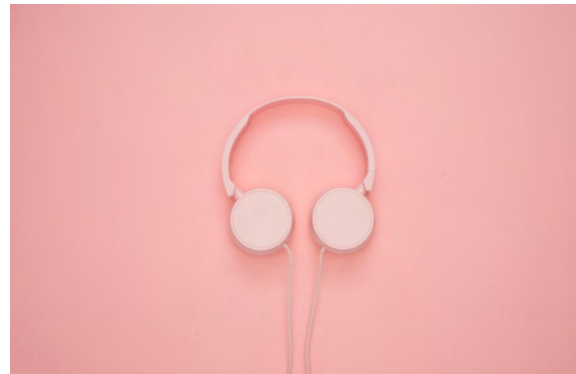
### **Practical mindfulness**

With the help of this tutorial, you should notice positive effects, such as better concentration or simply an improved mood – in just a few weeks!



### **Develop your resilience**

The ability to function in a constantly changing environment is not a given but a learned skill. In this training you will explore and develop your own resilience!



### **Digital interaction and virtual teams - Build trust online**

This tutorial enhances your performance in a digital work environment.



### **Succeed in remote leadership**

This tutorial develops your remote management through flexible structures and learns to build trust, appreciation and security also in distributed work.



# Take care of yourself!

Taking full responsibility for your own work and everyday life requires a great deal of self-management skills - starting with self-care and recovery.

- When the individual's energy levels decrease, their motivation diminishes, and their ability to act on their own suffers. Furthermore, they become less self-determined. When tired, the quality of your work deteriorates, says Ville Ojanen, psychologist and coach of Academy of Brain.

Recovery brings to mind things like sleep, exercise and nutrition. These are essential skills for the brain - and not always easy. Especially sleeping is a big challenge for many. However, sleep, exercise and nutrition are only a part of a larger process; the ability to manage one's mental and physical energy.



# Reduce stress!

Stress occurs when your brain recognizes a threat in the environment. Unlike in the past, these threats aren't usually physical, but rather caused by your inner experience – emotions and thoughts. Problems begin to arise if your brain locks up during stressful situations.

The ability to act under pressure when sudden changes occur, is not a given, but a learned skill that can be developed. Although people with certain personality types are likely to be more resilient than others, everyone can develop their resilience to the same extent.

Resilience has been extensively studied. It is now known which abilities and qualities make a person resilient. There are seven features – the so called "change muscles" – that can be developed.





# Digital Interaction requires special attention

Digital tools are increasingly used in the workplace. This often makes goal oriented interaction more effective, but other aspects of the purpose of interaction are easily overlooked.

- There is a pitfall here, because we are not just interacting for the sake of doing things, but also aiming to create a collaborative atmosphere through interaction. This aspect is also possible in digital interaction, but it requires special attention.



# FORWARD\*

Based on these starting points, we have created a learning track to support your wellbeing and success at work in this significant change.

*FORWARD supports the wellbeing of the company's core capital, people.*

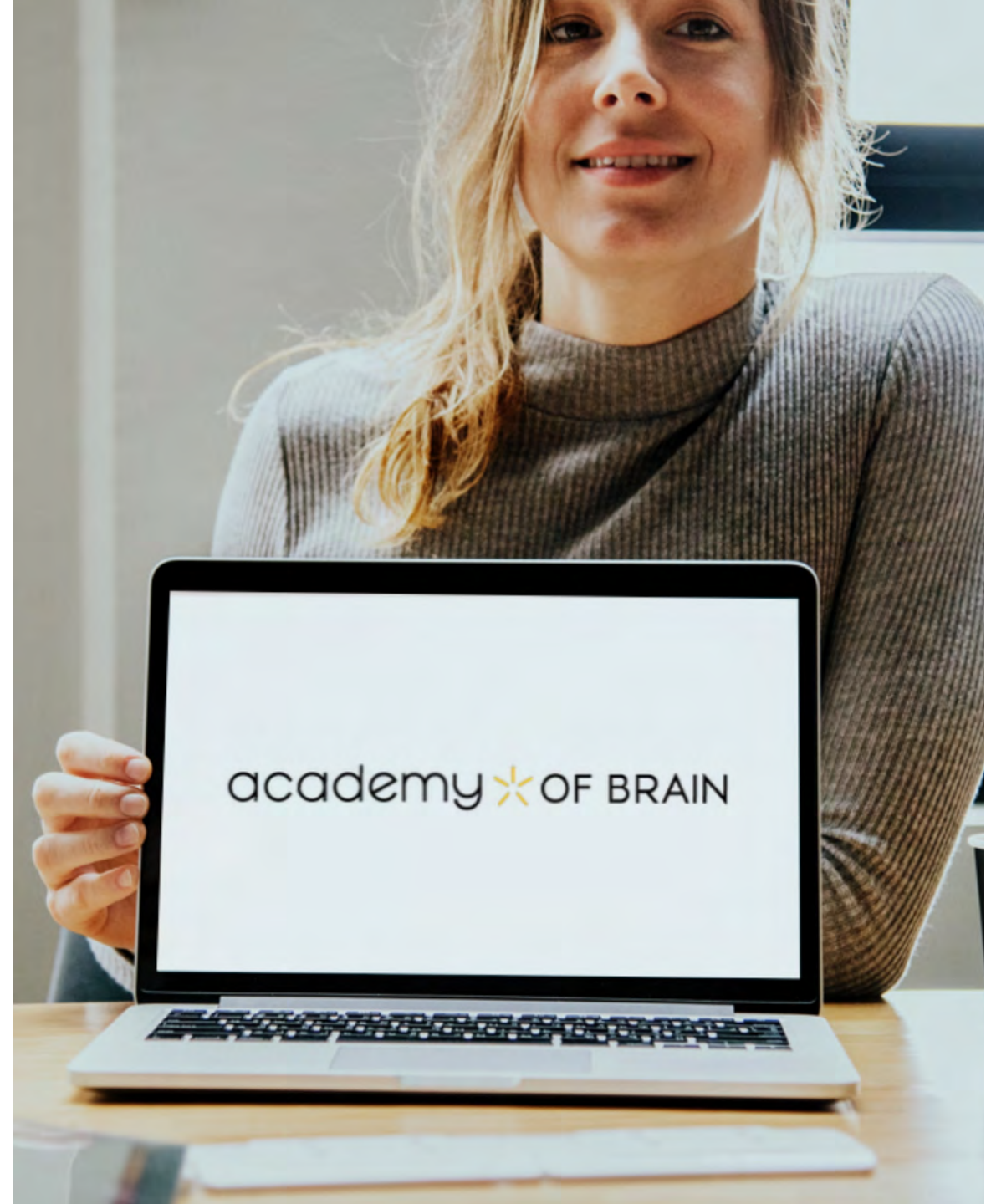
The mind adapts to change as we take care of ourselves and are aware of our experience; the feelings and thoughts that an uncertain situation produces in us. Own resilience; the ability to adapt to major changes can and should be developed.

Now that remote work is becoming more common, collaboration and teamwork are changing - we can pay special attention to the quality of interaction in digital tools and learn a lot.

Time: 12 h

Videos: 56 (average duration 5 min)

Exercises: 47



# Academy of Brain

Academy of Brain's tutorials base on scientific research, expertise, and practical experience. Academy of Brain's advisory board ensures the quality of the tutorials creating the best learning experience for you!

The board consists of three members: Psychologist Ph.D. Ville Ojanen, Leadership coach Jarmo Manner and Professor of Educational Sciences, Minna Huutilainen.

You can choose when and where to develop yourself and your wellbeing – the service is mobile-friendly.

- Scientifically proven methods
- Great scripts
- Natural and credible acting
- High-quality animations to enhance learning

[Academyofbrain.com](https://Academyofbrain.com)

