



NEWME*

produced by academy*OF BRAIN

AOB NEWME*

-find your potential.

The NEWME program is built by our experts to develop your core self-management skills.

- **What:** A program to develop key self-management skills
- **To whom:** For those who are facing the challenges of continuous change
- **Why:** For self-development and managing psychological stress





Self-coaching and meaningful work

Self-reflection is the key to developing yourself. It is important to stop and consider your actions and think about ways to improve.



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.



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.



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!



Growth mindset

Good decisions and new perspectives come from our ability to think in a new way. This tutorial aims to activate a growth mindset.



Focusing skills

Focusing means the ability to direct your energy into things that matter. This tutorial, helps you to improve your concentration.

Responsibility for your experience

Every waking moment your brain gives rise to unique experiences of yourself and your surroundings. Your brain functions through these experiences, and the key to changing it lies in changing the experiences. The better you are aware of the situation and your inner experiences, the better your brain works and the more able you are to develop it.

Awareness gives you the opportunity to change your brain by making new connections, i.e. by changing habits, learning new skills and replacing old connections with new ones.

Our everyday experiences are packed with information and running on a high gear. The racing mind will take over unless we have the skills to slow down. Becoming aware and present develops your ability to capture your experiences and recognize the drivers of your behavior; thoughts, emotions and intuition.



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.



Do you achieve things that are important to you?

Our work lives are fragmented and under constant change. This poses a major challenge for your brain when you are trying to achieve goals. Concentration is the most common challenge for your brain at work.

Your focusing skills are based on time management and motivation as well as mental and physical resources. It is also heavily dependent on other people around you, as their schedules and practices, and the culture of the organization influence your work.

Motivation and resources, in turn, are influenced by the meaningfulness of the work, the work community climate, and the organization and management of the work. It is worth exploring your attitudes as they have a profound effect on your life. Attitude is the basis of one's thinking. It determines what you can learn in life.



NEWME*

- find your potential.

Our experts have created the NEWME program, which aims to deepen your understanding on the basic principles of self-management; recovery, resilience, concentration and mindset.

The program will be implemented flexibly online. It takes approximately 12 hours to complete, but you can personalize your experience by choosing the content that meets your needs best.

Time: 12 h

Videos: 56 (average duration 5 min)

Exercises: 56



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

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