

Neuroscientific approach to teacher and educator work wellbeing

Scandic Park, Helsinki, Finland

10.6.2024 – 12.6.2024

Monday, 10.6.2024

11.30 - 12.30 *Lunch*

12.30 - 12.45 NIVA welcome and general information

Nora Tobiasson, NIVA

12.45 - 13.30 Introductions
Scope and purpose of the course
Learning objectives

Minna Huutilainen
University of Helsinki

13.30 - 14.15 **Human physiological states, learning and wellbeing**

Minna Huutilainen
University of Helsinki

14.15 - 15.00 **How to focus**

**Veera Virintie and
Johanna Vilmi**
Silta Education

15.00 - 15.30 *Coffee break*

15.30 - 16.15 **Stress and brain**

Satu Pakarinen
Finnish Institute for
Occupational Health

16.15 - 17.15 **Group activity**

**Veera Virintie and
Johanna Vilmi**
Silta Education

19.00 - *Dinner at the hotel*

Tuesday, 11.6.2024

9.00 - 9.45 **The mirror neuron system – contagious wellbeing**

Minna Huutilainen
University of Helsinki

9.45 - 10.30 **Work wellbeing in educators**

Minna Huutilainen
University of Helsinki

10.30 - 11.00 *Coffee break*

11.00 - 11.45	Good work practices for work wellbeing	Satu Pakarinen Finnish Institute for Occupational Health
11.45 - 12.30	Discussion	Satu Pakarinen Finnish Institute for Occupational Health
12.30 - 13.30	<i>Lunch</i>	
13.30 - 14.15	How music can affect wellbeing	Elvira Brattico Aarhus University and University of Bari Aldo Moro
14.15 - 15.00	Group activity	Veera Virintie and Johanna Vilmi Silta Education
15.00 - 15.30	<i>Coffee break</i>	
16:30 -	<i>Social program: a guided tour at the Finnish national gallery Kiasma and dinner at restaurant Lasipalatsi.</i>	

Wednesday, 12.6.2024

9.00 - 9.45	Stress and digital tools	Veera Virintie and Johanna Vilmi Silta Education
9.45 - 10.30	Neural correlates of stress, learning and wellbeing	Elvira Brattico Aarhus University and University of Bari Aldo Moro
10.30 - 11.00	<i>Coffee break</i>	
11.00 - 11.45	Cognition and learning in stressful situations	Satu Pakarinen Finnish Institute for Occupational Health
11.45 - 12.30	Group activity	Veera Virintie and Johanna Vilmi Silta Education

12.30 - 13.30 *Lunch (NOTE: Minna will be absent after lunch!)*

13.30 - 14.15 **Presentations / discussion**

**Elvira Brattico, Satu
Pakarinen, Veera
Virintie, Johanna Vilmi**

14.15 - 14.30 **Closing of the course**

Nora Tobiasson

14.30 - 15.00 *Coffee and farewell*