

Wellbeing at work: the neuropsychology of resilience and performance

Start date	16/02/2019	End date	16/02/2019
Venue	Maddingley Hall Maddingley Cambridge		
Tutor	Laurie Parma	Course code	1819NDX052

Director of Academic Centres Sarah Ormrod

For further information on this course, please contact Head of Academic Centre Administration, Zara Kuckelhaus
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To book See: www.ice.cam.ac.uk or telephone 01223 746262

Tutor biography

Laurie is a biology and neuroscience graduate, turned psychology researcher turned behavioural scientist. Through the last decade, she has developed an inter-disciplinary skill set to understand well-being at all levels - biological, psychological and social.

Her fascination for the science of well-being was originally built out of a personal need to understand and overcome fibromyalgia, a chronic pain and fatigue disorder. She started LifeCloud, her company, after 3 years of research in neuropsychology at the University of Cambridge.

Her method for teaching and consulting for well-being in the workplace are the results of compiling and integrating the best models, concepts, interventions and assessment methods for human flourishing.

Course programme

09:30	Terrace bar open for pre-course tea/coffee
10:00 – 11:15	The science basics for well-being at work
11:15	Coffee
11:45 – 13:00	Resilience: reducing stress & keeping energy high
13:00	Lunch
14:00 – 15:15	Productivity: managing priorities & making the hours go further
15:15	Tea
15:30 – 16:45	Well thinking: being our smartest, wisest and most creative
16:45	Day-school ends

Course syllabus

Aims:

This course aims to:

- Provide the essential attentional, cognitive and emotional models which underlie high performance in the workplace
- Present ways to apply those frameworks to improve our working lives, with a particular emphasis on greater calm, higher energy and overall resilience
- Facilitate retention and integration through actionable tips, practical exercises and reflections as well as exploring other facets of well-being such as productivity and smart-thinking

No prior knowledge of the neuroscience will be assumed, nor is required.

Content:

The 1st session describes the science basics required to understand the mechanics of attention, cognition and emotions which underlies well-being and workplace performance at their core. Most importantly, it will provide methods to make changes stick.

The 2nd session builds on the first one by putting the scientific frameworks and methodology into practice. Here, focusing on stress management and keeping energy high, it will present a series of applied research cases and practical exercises. The goal is to enable students to keep a cool head, developing greater capacity to let go, move on and stay strong.

The 3rd and 4th sessions will explore those concepts further to facilitate retention and integration.

We will detail a series of research cases and applied examples related to:

- Productivity, to make the hours go further. We will investigate how to set smart and brain-friendly goals; how to intentionally refining the way our brain processes the environment to find more focus.
- “Well-thinking” to ensure we bring our smartest, wisest and most creative self to work. We will explore how to make wiser decision and facilitate how we reach clear insight.

Presentation of the course:

The course will consist of a combination of Tutor-led PowerPoint-illustrated lectures, class discussion and small group discussion. It will also include a large proportion of practical tips and situational exercises; to reflect and integrate knowledge into everyday life.

As a result of the course, within the constraints of the time available, students should be able to:

- Describe basic mechanisms of attention and emotions underlying well-being at work
- Apply those mechanisms to maximise productivity, resilience and “smart thinking”
- Map their own well-being at work integration plan and make changes stick in the long run

Reading and resources list

Listed below are texts that might be of interest should you wish to supplement your learning on the course. Any essential reading is marked with an asterisk *

Author	Title	Publisher and date
David Rock	"Your Brain at Work"	HarperBusiness (1 Nov. 2009)
Daniel Kahneman	"Thinking Fast and Slow"	Penguin; Reprint edition (10 May 2012)
Matt Lieberman	"Social: Why our brains are wired to connect"	OUP Oxford (16 July 2015)
Paul Hammerness & Margaret Moore	"Organize Your Mind, Organize Your Life"	Harlequin Non-Fiction; (1 Dec. 2012)
Dan Ariely	"Predictably Irrational"	Harper; New Edition edition (1 Jun. 2009)
Sonja Lyubomirsky	"The Hows of Happiness"	Piatkus (4 Feb. 2010)
Carol Dweck	"Mindset"	Robinson; 6 edition (12 Jan. 2017)
Viktor Frankl	"Man's search for meaning"	Rider; New Ed edition (6 May 2004)

Website addresses

www.Lifecloudstudio.com

Additional information

Venue

Details of how to find Madingley Hall can be found on our website:
<http://www.ice.cam.ac.uk/who-we-are/how-to-find-the-institute>

Refreshments

Tea and coffee and lunch will be provided. If you have any specific dietary requirements or allergies and have not already advised us, please inform our Admissions Team on ice.admissions@ice.cam.ac.uk or +44 (0)1223 746262.

Note Students of the Institute of Continuing Education are entitled to 20% discount on books published by Cambridge University Press (CUP) which are purchased at the Press bookshop, 1 Trinity Street, Cambridge (Mon-Sat 9am – 5:30pm, Sun 11am – 5pm). A letter or email confirming acceptance on to a current Institute course should be taken as evidence of enrolment.

Information correct as of: 09 February 2019