

**Good Life Engine
course.
Kick-off. 20.09.23**

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Aalto Ventures Program

Sustainability Through Entrepreneurship

Entrepreneurship Education Program



avp.aalto.fi

Teaching

2200+ Students from Engineering, Business and Arts

30 Courses in all Aalto Schools

9300+ ECTS given yearly

Staff

15 people

50% Educators

50% Diverse roles

Community

1000+ of People in **10+** events

60+ ideas in Preincubation

Co-op with **10+** Student association & **100+** Aalto faculty

Global collaboration in **14** countries

Inspiration

*Open events
Community & Campus outreach
Digital contents & social media*

Introducing entrepreneurship to everyone and making it accessible. Getting people interested.



Learning

*Entrepreneurial mindset teaching
Startup courses
Startup minor
Sustainable entrepreneurship major*

Capabilities and knowledge for future entrepreneurs, intrapreneurs and people who want to make an impact in the world.



Opportunities

*Aurora Network
Pre-incubator
Collaboration with student-led ecosystem*

Connecting students with local and global ecosystems. Helping people to create future community.





Good Life Engine course

Students from all 6 Aalto schools, BAs, MAs, doctoral, 30+ different countries + Aalto employees;

4 years in a row and permanent status from 2023;

Course ILO - "You will learn how to live, not to run a marathon"

<https://avp.aalto.fi/avp-course/good-life-engine/>

Course crew

Lidia Rauramo

Lecturer at AVP

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Course crew

Anna Dementyeva

Educator at AVP, Impact Studio

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Course crew

Rahim Ahsanullah

**YOUR MAIN FIRST CONTACT
PERSON!**

Teaching Assistant
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" One of the main things I have learned from this course is how to balance between work and life. I can work hard and at the same time enjoy my life. This concept is unfortunately missed in my home country. People move and keep moving but they forget to live"

From Good Life Engine course student essay

Build your inner core

“When you allow your brain to focus on what you want in life, the raised awareness that results will work in your favour to automatically bring opportunities into your life”

Dr. Tara Swart, The Source

Inner Development Goals framework

- 1 **Being** — Relationship to Self
- 2 **Thinking** — Cognitive Skills
- 3 **Relating** — Caring for Others and the World
- 4 **Collaborating** — Social Skills
- 5 **Acting** — Enabling Change

<https://www.innerdevelopmentgoals.org/framework>

During the course / after the course

1 **Being** — Relationship to Self

2 **Thinking** — Cognitive Skills

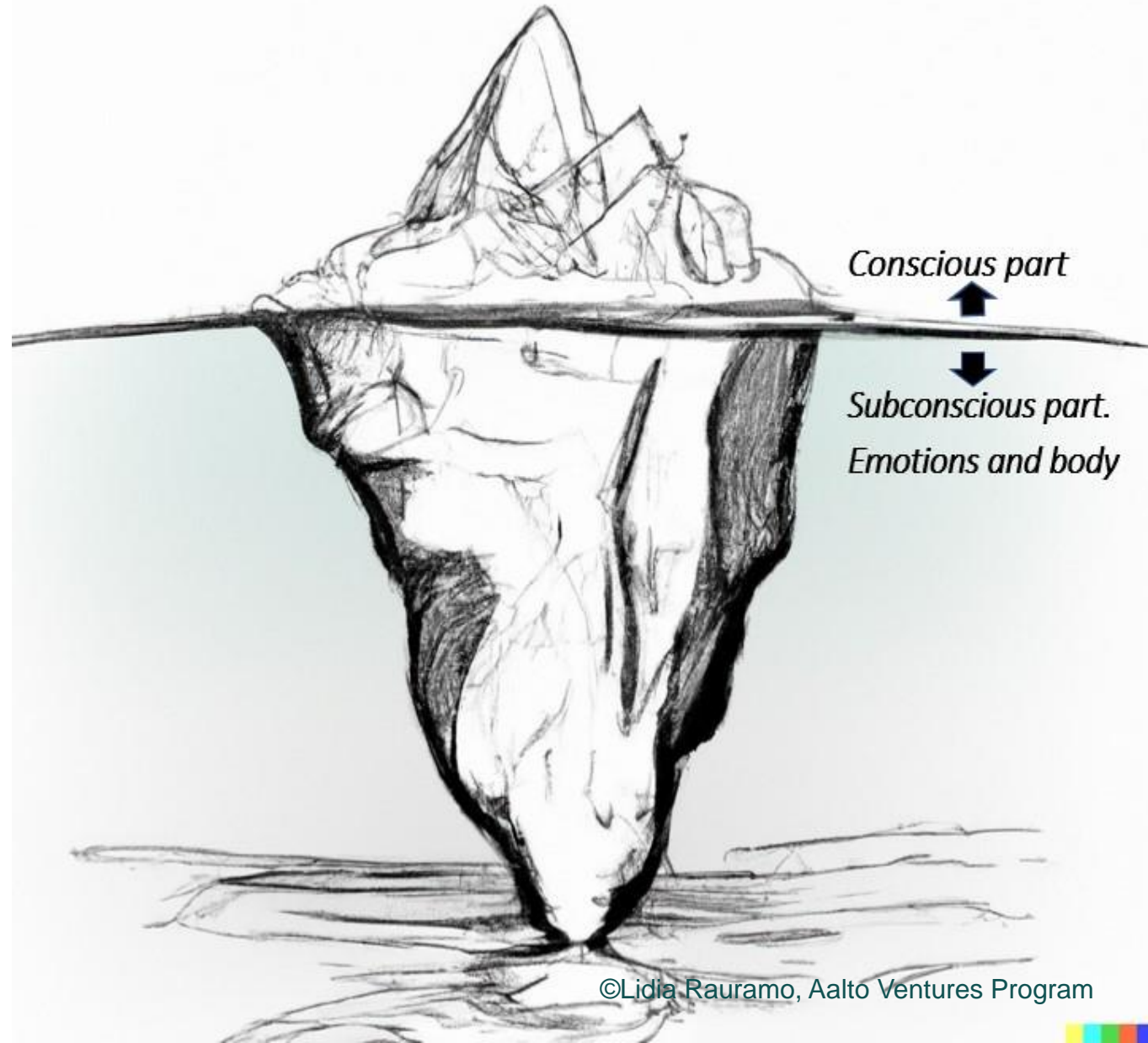
3 **Relating** — Caring for Others and the World

4 **Collaborating** — Social Skills

5 **Acting** — Enabling Change

<https://www.innerdevelopmentgoals.org/framework>

**Build your
inner core:
mind,
emotions,
body**



THE BRAIN FROM BOTTOM TO TOP

rational, cognitive brain:

understanding how things and people work and figuring out how to accomplish our goals, manage our time, and sequence our actions

rational, cognitive brain



*Kolk, Bessel van der. The Body Keeps the Score

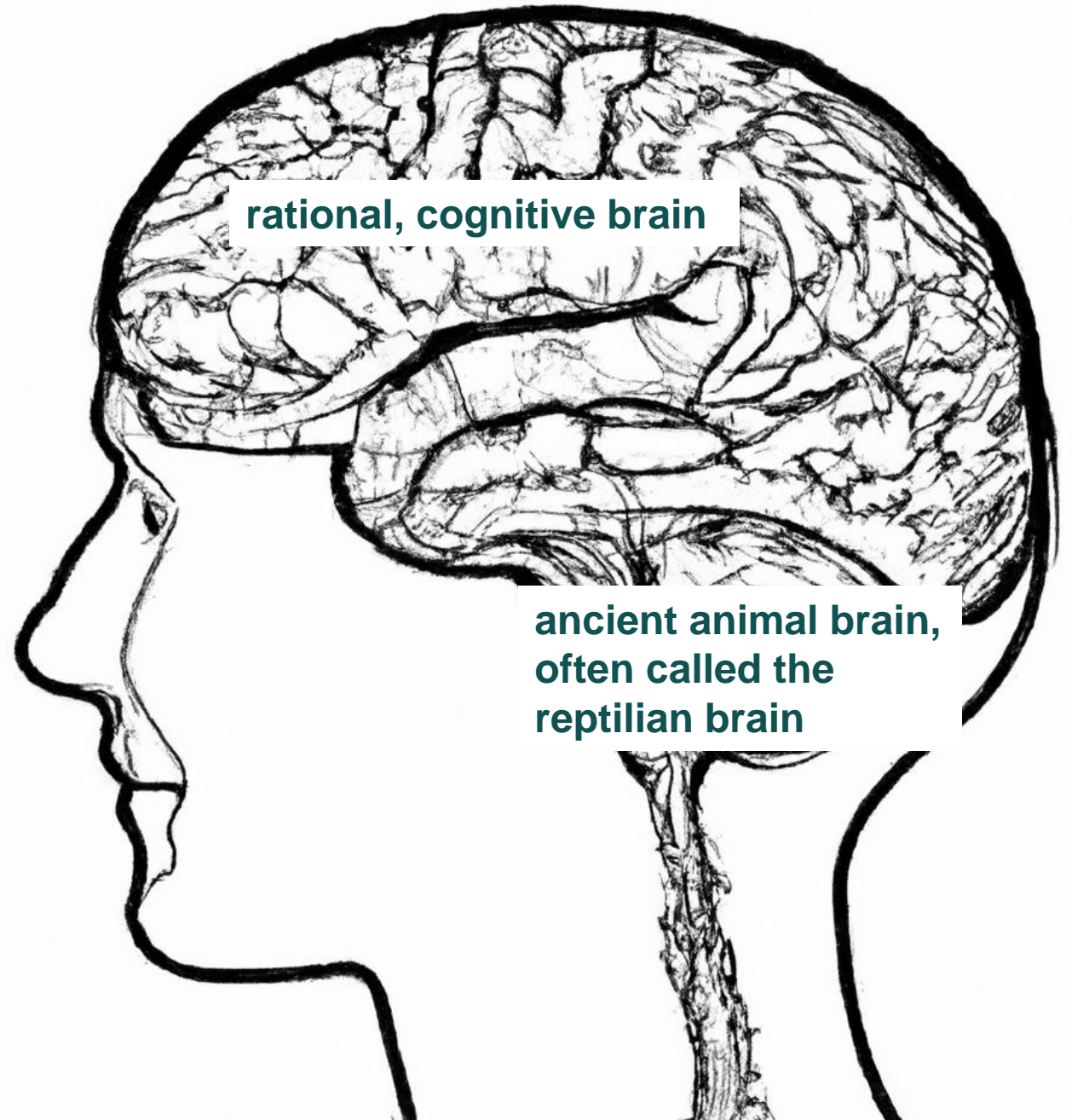
THE BRAIN FROM BOTTOM TO TOP

rational, cognitive brain:

understanding how things and people work and figuring out how to accomplish our goals, manage our time, and sequence our actions

reptilian brain :

identification of comfort, safety, threat, hunger, fatigue, desire, longing, excitement, pleasure, and pain



THE BRAIN FROM BOTTOM TO TOP

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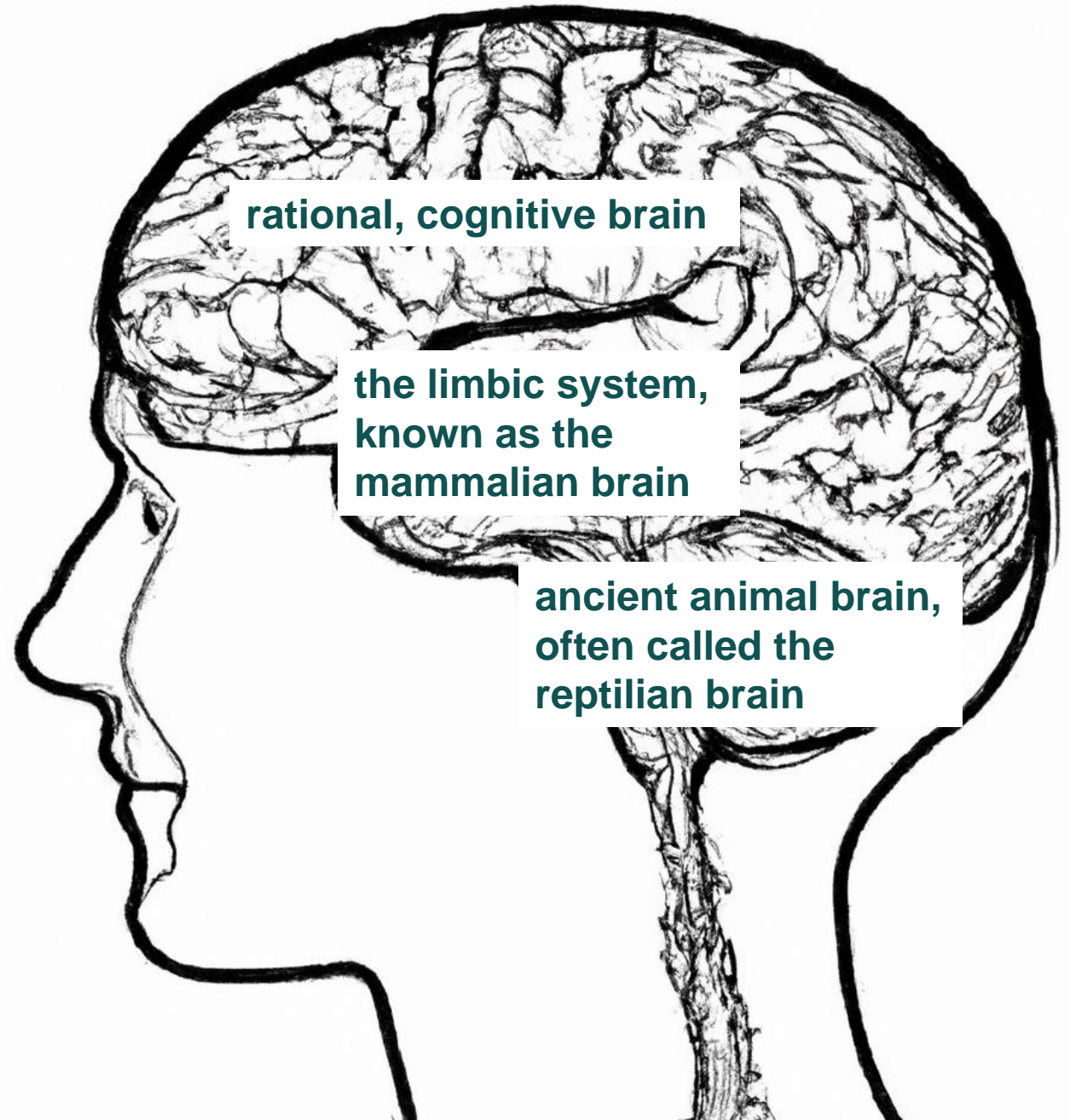
reptilian brain:

identification of comfort, safety, threat, hunger, fatigue, desire, longing, excitement, pleasure, and pain.

mammalian brain:

the emotions, the monitor of danger, the judge of what is pleasurable or scary, the arbiter of what is or is not important for survival purposes, socialization.

*Kolk, Bessel van der. The Body Keeps the Score



**Good Life Engine course
is a unique individual
experience**

The rules of the course

- Teachers work as facilitators and advisors on the methods. We will try different methodologies and tools and you get to choose what work for you.
- All personal information shared during the course is confidential!
- We assess mainly participation and commitment.

The rules of the course

- Participation in 8/10 sessions is compulsory. Wrap-up session is compulsory.
- If you miss more than 2 sessions – you must do a compensatory assignment. 1 assignment per each session missed after 2 missed sessions.

6.–19.01.2024
Aurora
California

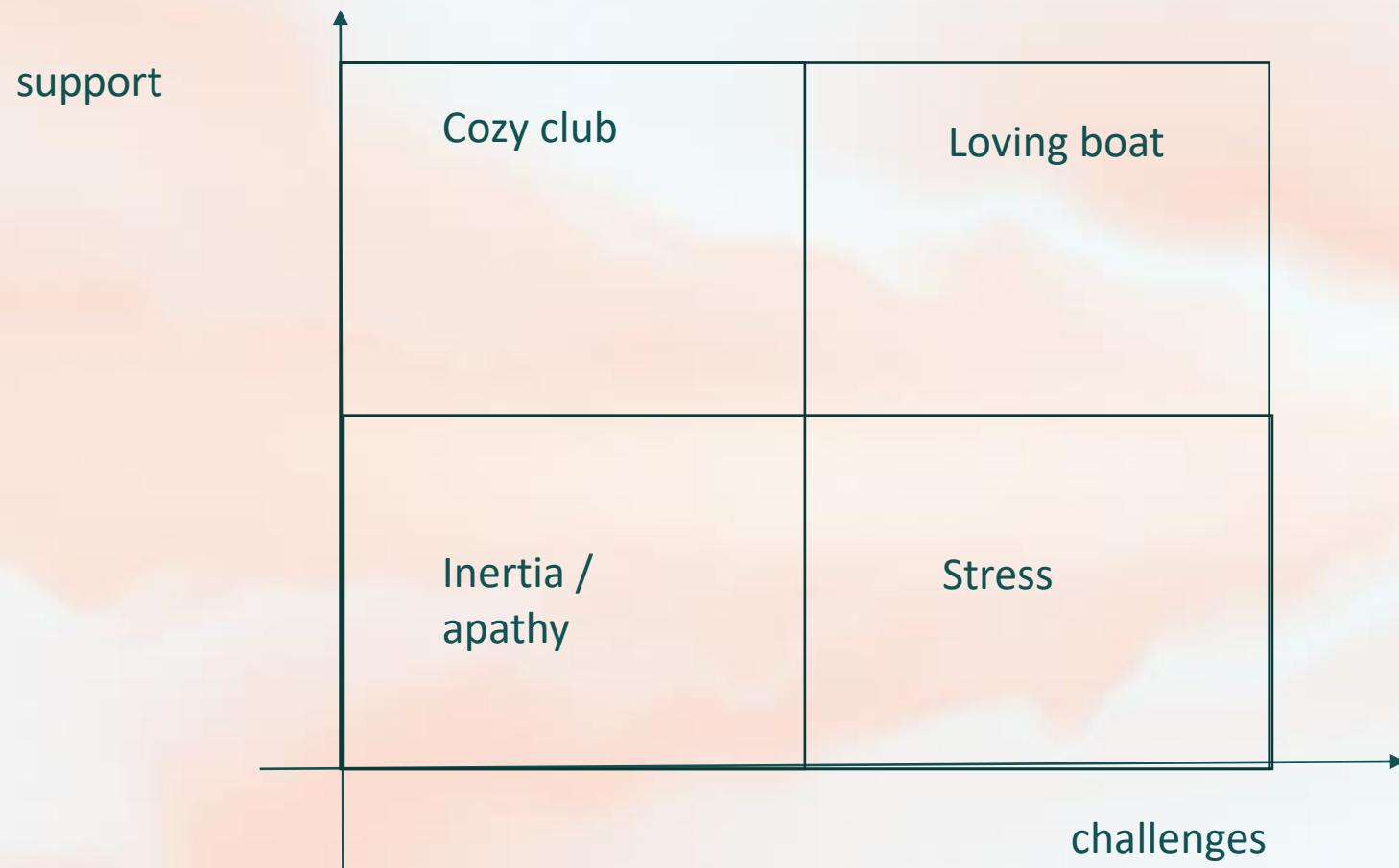
Apply for a
Study trip
in the USA by
06.10.2023

qrco.de/avpcalifornia

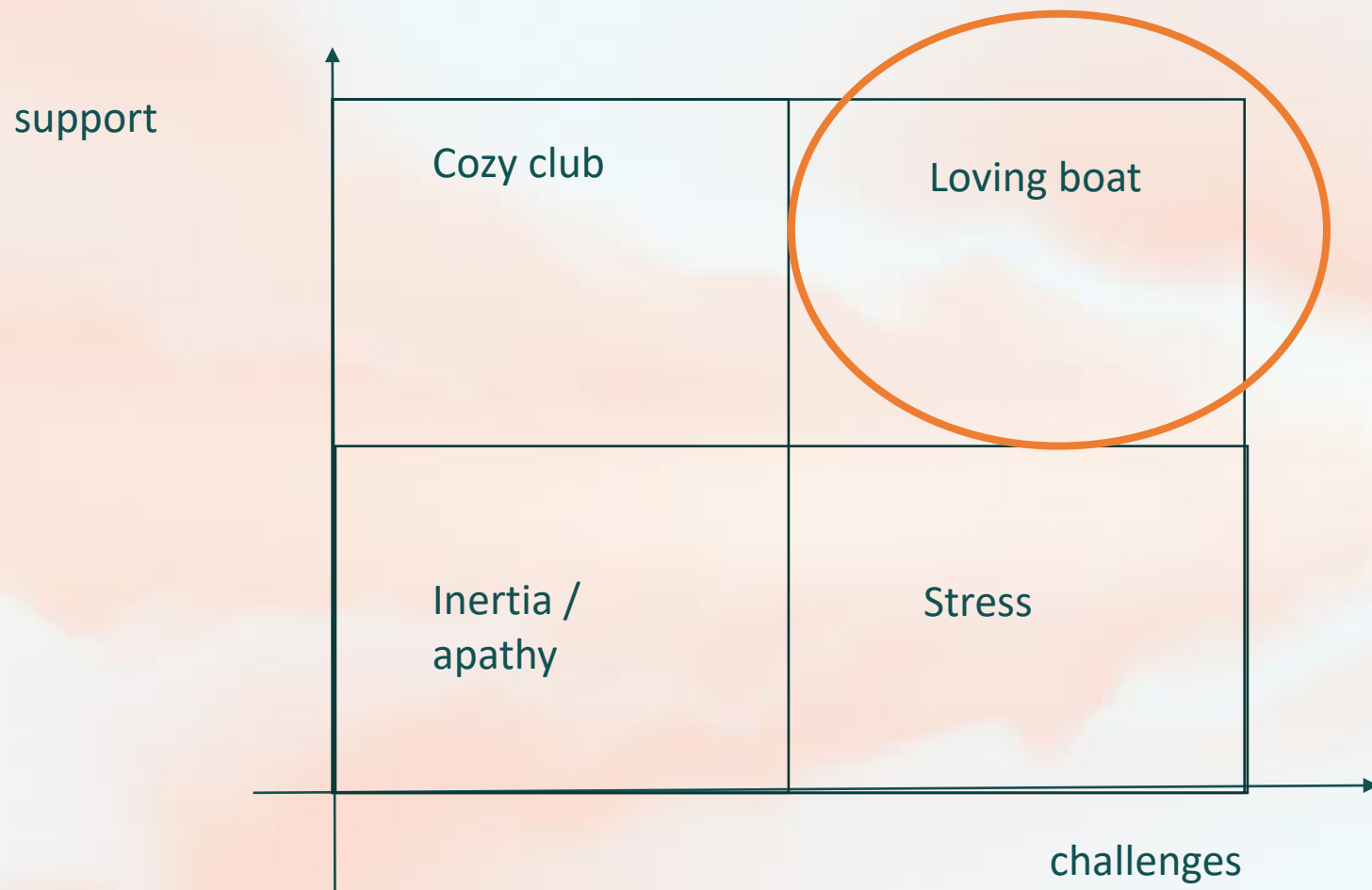


Aalto
Ventures
Program

Learning is not easy



Learning is not easy



Let's get to know each other – group discussion

Present yourself

In groups discuss how you learn
(formats, tools, setting, individual
versus group...)

Safe space

How to create a safe space within a group?

1. What is a safe space?
2. What is an unsafe space?
3. What do you concretely need for a space to be safe?

Course practicalities

- 8/10 sessions are compulsory
- Sessions will be run on campus in K3, no recording
- Session start at 13.15 sharp;
- You need to write your learning diary after each session;
- You need to introduce a routine involving body into your weekly schedules (running, gym, meditation, stretching, yoga....), app. 15 min. per day

Homework (in MyCourses):

- Pass course survey - ;
- Read Frank Martela's article about why Finland is the happiest country in the world - <https://www.cnbc.com/2023/01/05/what-people-in-finland-happiest-country-in-world-never-do-according-to-psychologist.html>;
- New year resolution blog post - <https://avp.aalto.fi/new-years-resolutions/> ;
- The need of thinking about your body - <https://avp.aalto.fi/sit-less-live-more/> ;
- Read about psychological safety - <https://www.psychologytoday.com/us/blog/the-fearless-organization/202006/the-role-of-psychological-safety-in-diversity-and-inclusion>

Homework (in MyCourses):

- Start physical routine;
- Start your learning/ reflection diary.
 - What new did you discover today at the session?
 - What did you feel today during the session?
 - What insights from this session could you use to improve your work, study, or everyday life?
 - Where are you with your routine? If you had any challenges – how did you overcome them?

“Energy follows attention”

Otto Scharmer, Theory U

Anti-superhero exercise



