

Good Life Engine

Kick-off
24.01.24

*Lidia Rauramo, Anna Dementyeva,
Basanta Poudel*

Aalto Ventures Program

Sustainability Through Entrepreneurship

Entrepreneurship Education Program



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;

4,5 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

Educator at AVP

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Course crew

Anna Dementyeva

Educator at AVP, Impact Studio

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Course crew

Basanta Poudel

YOUR MAIN FIRST CONTACT PERSON!

Teaching Assistant

basanta.poudel@aalto.fi

**Research Intern @Aalto, Working on the
Peer-Feedback Application Development
for Enhancing Communication Skills**





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



"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

Study: university students at a lecture

Group 1

Can use laptops

Remembered less

Group 2

Cannot use laptops



The Attention Fix, Dr Anders Hansen, 2023.

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>

Inner Development Goals framework

1 **Being** — Relationship to Self

2 **Thinking** — Cognitive Skills

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

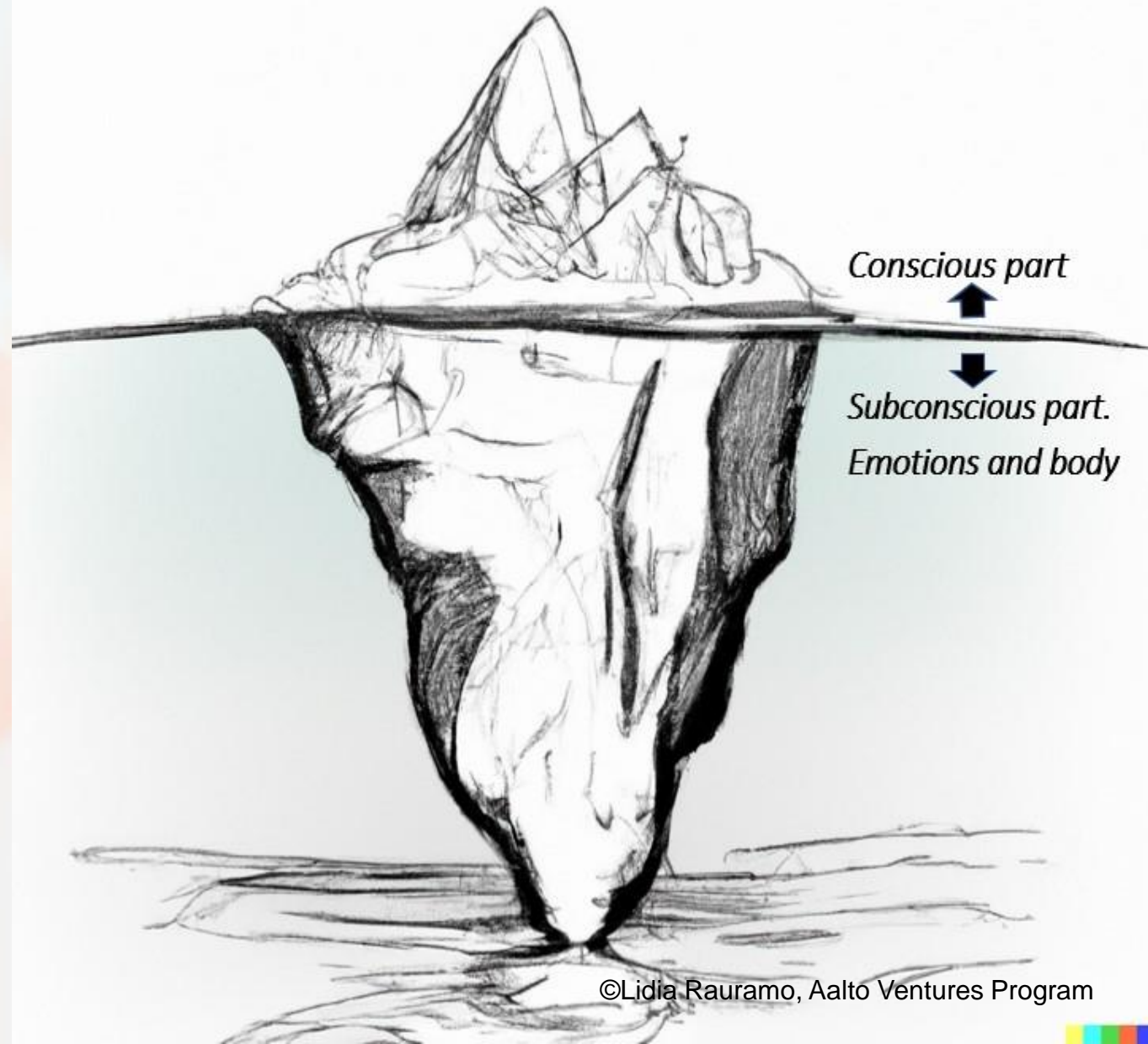
4 **Collaborating** — Social Skills

5 **Acting** — Enabling Change

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

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

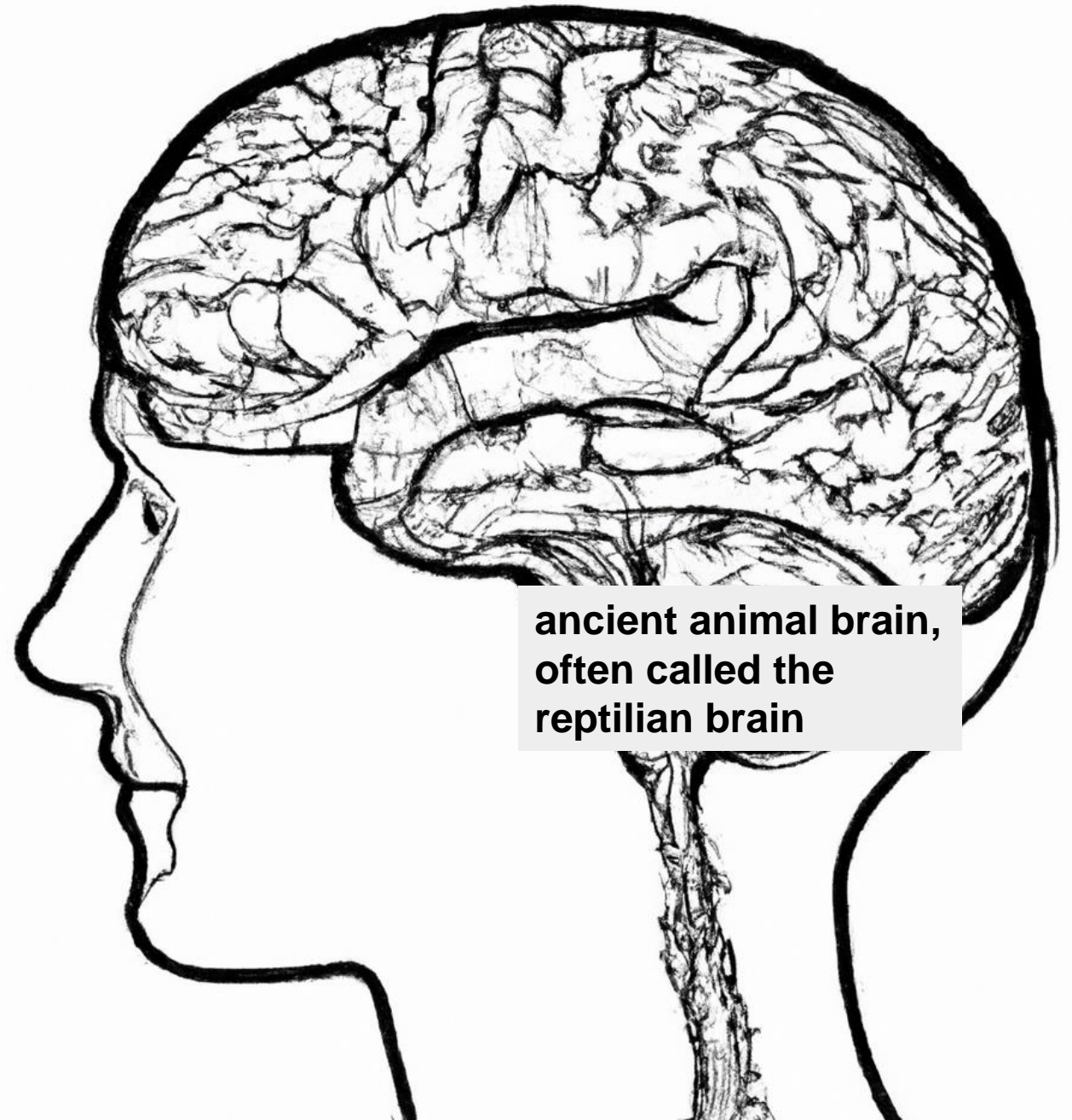
**Build your inner
core: mind,
emotions, body**



THE BRAIN FROM BOTTOM TO TOP

reptilian brain :

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



**ancient animal brain,
often called the
reptilian brain**

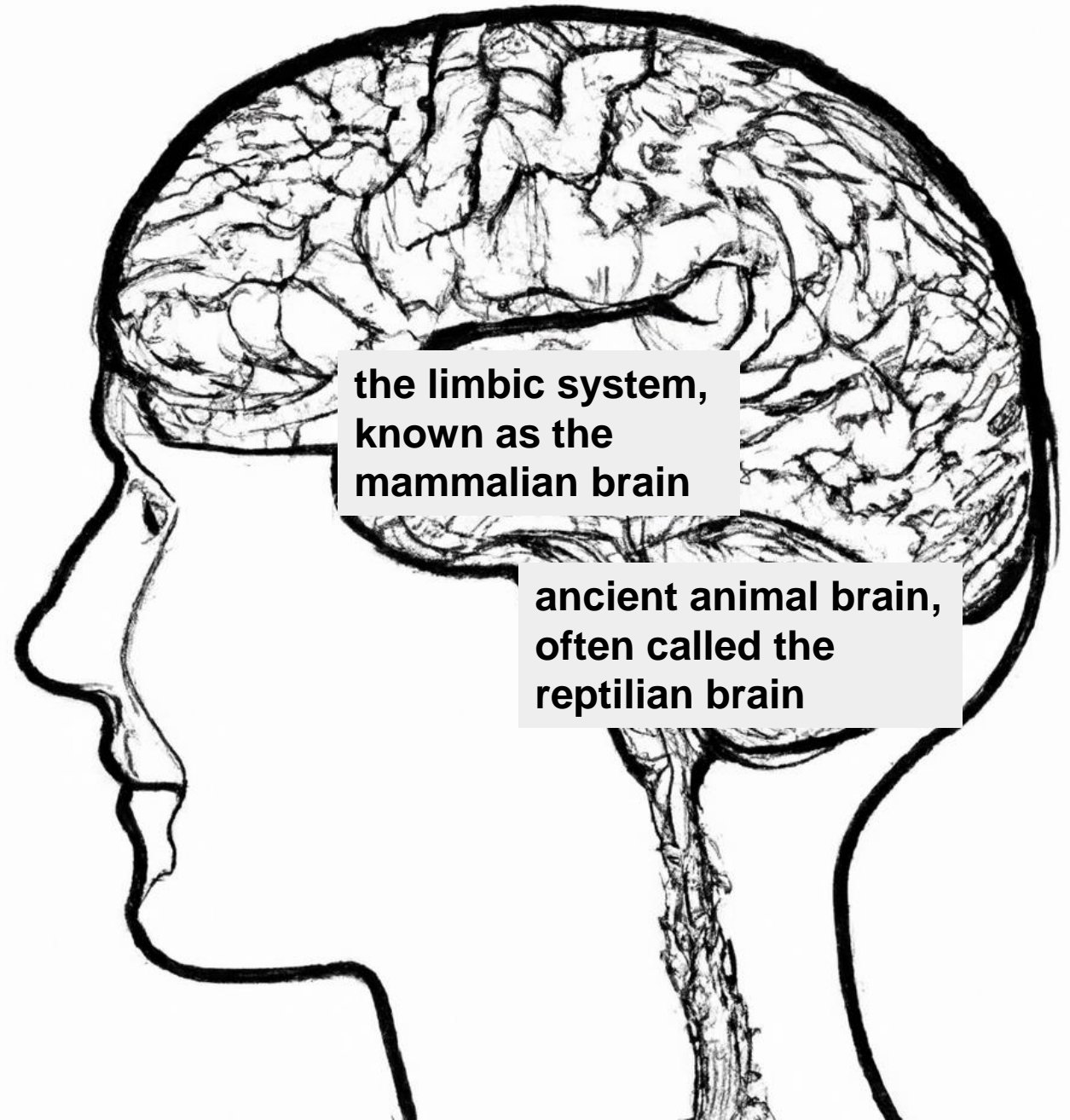
THE BRAIN FROM BOTTOM TO TOP

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.



**the limbic system,
known as the
mammalian brain**

**ancient animal brain,
often called the
reptilian brain**

THE BRAIN FROM BOTTOM TO TOP

reptilian brain:

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

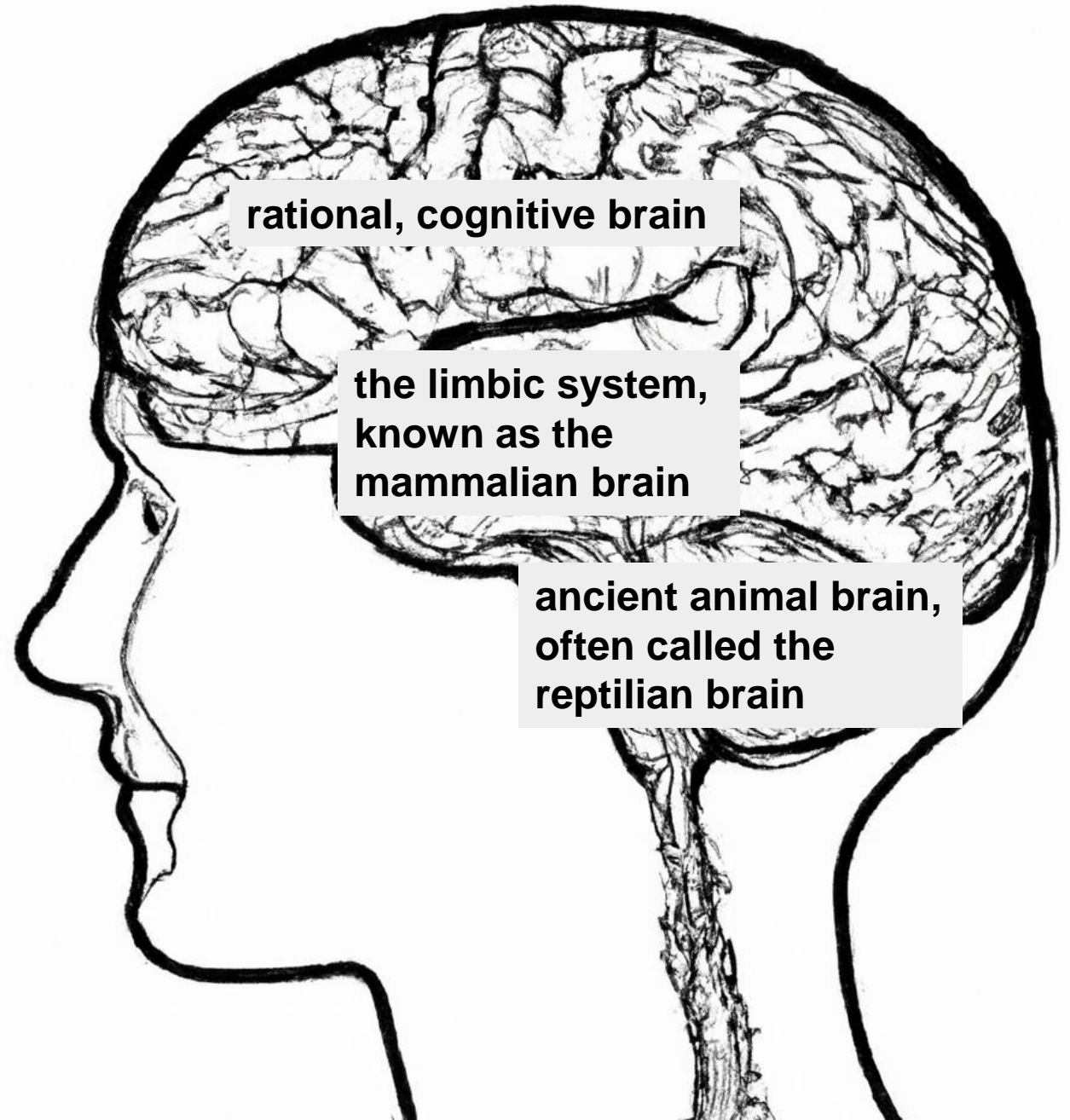
mammalian brain:

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.

rational, cognitive brain:

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

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



Preliminary schedule

- 31.01 – Basics: Values as a starting point
- 7.02 – Basics: Nutrition [Guest speaker]
- 14.02 – Stress management and tackling anxiety
- 21.02 – Exam week, no session
- 28.02 – Where do you want to go? Goal setting
- 6.03 – How will you get there? Time-management
- 13.03 – Self-leadership

Preliminary schedule

- 20.03 – Coaching
- 27.03 – Courage and proactive approach
- 03.04 – no session
- 10.04 – Course Wrap-up

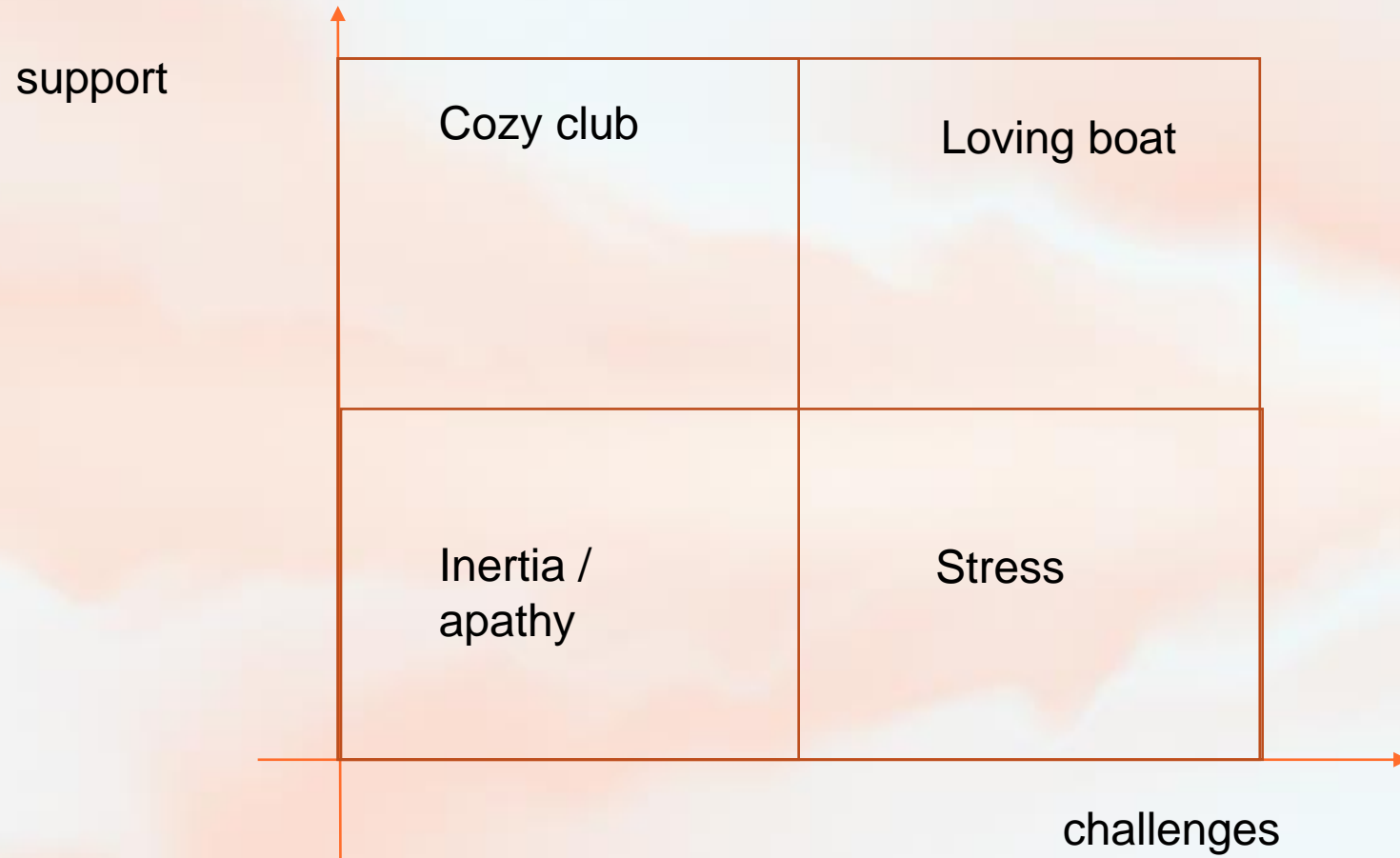
The rules of the course

- 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.

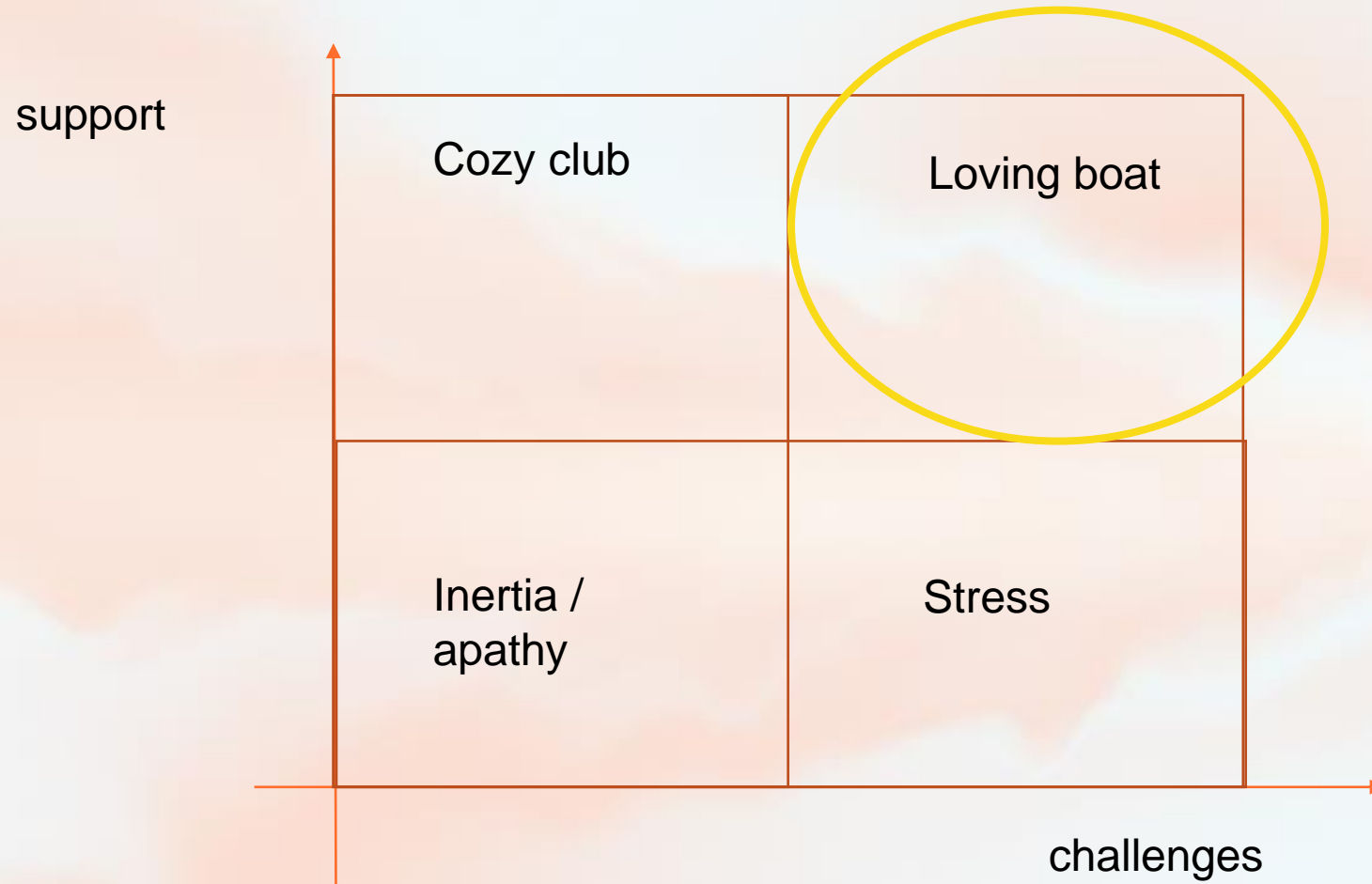
The rules of the course

- 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.

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 or emotions (running, gym, meditation, stretching, yoga....), app. 15 min. per day

Homework (in MyCourses):

- Pass course survey - (check MyCourses);
- 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 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?

Choosing a routine

- Answer a routine survey on MyCourses

Personal agency

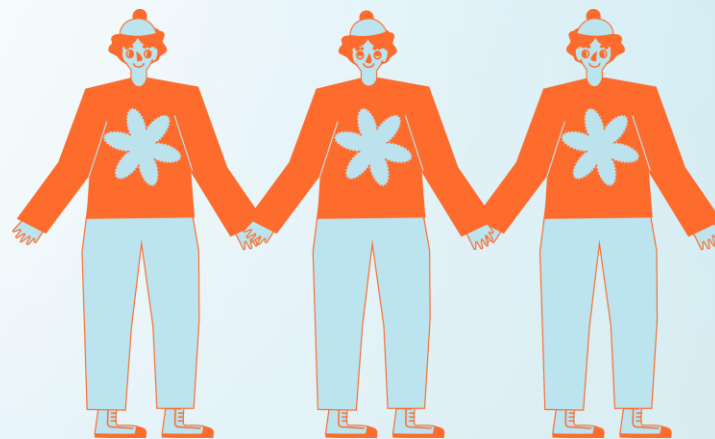
“Agency” is the technical term for the feeling of being in charge of your life: knowing where you stand, knowing that you have a say in what happens to you, knowing that you have some ability to shape your circumstances”

Kolk, Bessel van der. The Body Keeps the Score



Let's have a
break.

Back at 0000



Thank You!

See you next week 31.01

Find us:
Aalto Ventures Program



avp.aalto.fi



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