



Neuroscience and Wellbeing for Everyday Life

A transformative and accessible course designed for the general public, exploring how recent discoveries in neuroscience can help us live with greater wellbeing, emotional balance, connection, and purpose in today's demanding world.

Through simple language, practical examples, and meaningful reflection, participants will discover how the brain, emotions, body, relationships, and environment interact to shape the quality of our daily lives.

This course is not intended only to inform, but also to inspire personal awareness, healthier habits, and a deeper understanding of ourselves and others.

Topics explored throughout the program include:

- the brain and emotional wellbeing
- stress, uncertainty, and mental overload in modern life
- attention, memory, and the impact of technology
- emotional regulation and resilience
- empathy, human connection, and communication
- habits that support cognitive and emotional health
- breathing, rest, movement, and their effect on the brain
- purpose, motivation, and lifelong learning
- the relationship between thoughts, emotions, and physical wellbeing
- the importance of community, belonging, and meaningful relationships

The program consists of **16 classes in total**, combining synchronous and asynchronous learning experiences:

- **8 live synchronous classes** focused on interaction, discussion, reflection, and shared experiences.
- **8 asynchronous classes** designed to encourage personal exploration and independent thinking. In these classes, participants will watch a video, read an article, and develop their own reflections and opinions, which will later be discussed collectively during the following live session.

This dynamic format promotes not only learning, but also dialogue, critical thinking, emotional awareness, and the possibility of connecting neuroscience with everyday human experience. All the material used will be uploaded to a digital library to be at hand wherever a participant needs it.

Because wellbeing is not simply the absence of discomfort — it is the conscious development of a healthier, more connected, and meaningful way of living.