

Webinar:

Brain Well-being in a Modern Work Environment and amidst Change

With Brain Health Specialist, Dr. MONA MOISALA

When: October 22, 2025, 13-14 CET / 14-15 EET

Where: Online, Teams

To whom: For staff at INVEST partner universities

Pre-registration is required: [Registration link](#)



In this talk, Mona Moisala, PhD in psychology and brain expert, offers insights into how to work smart and stay focused in a modern work environment full of distractions and interruptions.

- You will hear concrete advice on how to create smarter and more sustainable ways of working from the perspective of the brain and nervous system.
- You will learn about the brain's reward system and how to use it to achieve the most important things.
- In addition, you will learn how multitasking and emotions affect our brains and how this, in turn, affects the quality and efficiency of our work.

Finally, Mona offers practical measures to improve concentration and brain ergonomics in the context of knowledge work and amidst change. The presentation considers both individual and work community perspectives. At the end, there will be a short five-minute Q&A session.

Organizing HEI: Karelia University of Applied Sciences

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