



eTrainings by Siffi



Mental health and wellbeing

This (partly interactive) lecture focuses on

- what is mental health,
- how to actively take care of it,
- what to be aware of as potential signs that maybe it's time to ask for at least a consultation if not help,
- what kind of help could be found, and what is it good for.

During the lecture participants are invited to follow along by doing an exercise, sort of self-auditing their own current well-being, but that is an optional task.

eLecture 300 EUR

Emotions

This self-reflection inducing lecture explains how and why emotions arise, how to manage them and not let emotions manage you (and your (re)actions).

The goal is to help people understand the mechanics of emotions, learn how to befriend/accept one's own feelings, even the negative ones, and to hopefully figure out ways to utilise them to one's own advantage, when possible.

eLecture 300 EUR

Anxiety, fear and worrying

This lecture focuses on understanding what is anxiety and how to deal with it. During the lecture the mechanics of anxiety as well as different approaches on how to relieve it are thoroughly discussed. Practical exercises to increase a sense of calm, safety and security are introduced, as well as theoretical knowledge and suggestions on how to move forward with different experiences, symptoms and situations.

eLecture 300 EUR

Clear communication

- **Workshop** (10-20 people; 10-12 for on-line workshop, up to 20 for an in-person meeting)
- **Tailor-made approaches**

This lecture focuses on some of the most important principles of social interactions, e.g. such as active listening, assertive communication, and the key aspects of those activities.

During a workshop, the instructor will introduce practical exercises, supervise the training, and give feedback on the participant's performance, as well as some personal tips on how to improve one's communication skills.

The lecture and/or the workshop can also focus on a specific area the client feels might need special attention - client communication; communication between coworkers; solution focused problem-solving discussions etc.

eLecture 300 EUR
Workshop 350 EUR

Conflict resolution

This workshop is meant for smaller groups of participants, and it should ideally be held in person for optimal results (10-20 people, 3 h 15 min; 10-12 people on-line or up to 20 people in person). It focuses on the practical skills of listening and expressing oneself, especially in difficult, often emotionally charged situations, to prevent or resolve different conflicts.

This means first covering the basics of building a connection with another person, active listening, pinpointing needs and finding potential solutions. After discussing theoretical background, about why some things work and other things would not, it is time to role-play different conflict situations, analyse the experience and draw conclusions.

eLecture 300 EUR
Workshop 350 EUR

Building mental resilience

An hour filled with practical suggestions, based on theory, about how to build and maintain mental resilience and practice so-called mental hygiene. Focus on stress management and different types of relaxation techniques.

eLecture 300 EUR

Positive psychology

The purpose of the lecture is cultivating understanding of positive psychology. The scientific foundations of happiness and well-being are explored, and practical exercises are shared to nurture resilience, positive relationships, gratitude and personal strength.

eLecture 300

Stress, burnout and work-life balance

A lecture on how to manage unavoidable stress, what are the signs to look out for in order to prevent burnout, and mindfully balance demands, both at work and at home, with (gainfully spent) leisure time. A little bit of theory on the neurobiology of stress (served in a completely understandable way) mixed with some practical exercises, suggestions and a few palatable stress management tools.

eLecture 300 EUR

Concentration and productivity

Lack of focus and problems with concentration are an increasing issue in our modern society, the Information Age. The lecture focuses on explaining how attention and concentration work and what we need to be mindful of, to make the best of how our individual brains work. Lecture is aimed to help people self-analyse their habits, traits and trends regarding attention and concentration, to better understand their own individual personal needs, and then to figure out ways to get their daily routines to be efficient and not overextending themselves.

It can be tailored to be more focused towards managers' perspective – how to better understand employees' different needs regarding attention and concentration; what kind of questions to ask, how to find common ground between different needs etc.

eLecture 300 EUR

Computer and internet addiction

"Just five more minutes..." ...and suddenly it has been an hour or two of videos, news, scrolling, etc. A lecture explaining how and why we lose ourselves to the computer/internet, and how to regain control over our impulses in that regard.

eLecture 300 EUR

Suicide

Suicidal ideations, suicides, and everything related to this topic has been a taboo for too long. With this lecture-discussion we aim to talk about a difficult subject in a professional manner, that would educate, bring forth discussion, and give suggestions on how to deal with this topic if it happens to touch us in a personal way.

eLecture 300 EUR

Group coaching

Coaching is a method that helps a person to reflect on where they are at the moment, whether personally or career wise. It also helps to verbalize issues that are bothering us or holding us back in some way. With coaching, it is easier to clarify or set goals and work out a roadmap towards those goals. In a group setting it can be very inspirational to share thoughts and ideas, help others to figure out some of the things they are struggling with and get the same support in return.

eLecture 400 EUR

Sleep management

Good sleep quality is the most important aspect of our (mental) health. Unfortunately, sleep is usually the first thing we sacrifice in order to get things done. This lecture explains what is sleep quality and how to improve it. It also explains the effects sleep has on different areas of our lives and how it affects us. It is NOT about telling you how to manage your sleep, it IS about discussing key aspects of sleep and how to get to know oneself better in this regard to be able to help yourself get the rest that you deserve.

eLecture 300 EUR

Workplace bullying

Another option for smaller group of HR and/or management people.

In this session, we are going to provide an understanding of the dynamics of workplace bullying, its impact on individuals and organizations, and effective strategies for prevention and intervention.

This seminar focuses on how to recognise workplace bullying, whether it is aimed towards yourself or someone else. Also, on how to address the issue, what are the key aspects of communication in such a situation, and how to assert your own (or someone else's) needs and boundaries.

This seminar can also be tailored to be a chance to analyse your organization's culture, potential bottlenecks or pitfalls regarding bullying, and resources and good practices. An opportunity to think through and create or improve a strategy how to prevent workplace bullying or react to situations that might arise.

eLecture 300 EUR

Meet the team



Helina Harro

A licenced psychologist who has been practicing for over 16 years and teaching psychology, giving lectures and seminars, for over 10 years. She has studied both in Estonia and in the United States, and her special interests lie in the cognitive functions of people and educational psychology.



Halja Pilvisto

Halja Pilvisto is a licenced clinical psychologist from Estonia. She has completed a training in existential-humanistic therapy in Colombia and continues to expand her knowledge in existential psychotherapy. She has taught psychology and foreign languages in Colombian universities and conducted psychology workshops and lectures on various topics. She is passionate about foreign languages and Latin American cultures.



Healthy employees, healthy business

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