



Understanding Your Brain

With the help of modern brain research that provides increased self-awareness, better functioning, and well-being.

Learn brain-based (Self)leadership

Today's working life and society place increasing demands on our ability to lead ourselves and others. Good self-leadership is the foundation of good leadership. One of the most important qualities of successful individuals and leaders is self-awareness. Our brain controls and regulates everything we do, which makes knowledge and understanding of our own brain central to good self-leadership.

This unique knowledge of our own and others' functioning that the course provides can be used in both private life and working life and helps you to strengthen and sharpen small and large decisions in life and adjust in decisions and actions. In the long run, it can strengthen your leadership, increase success at work, strengthen your relationships and collaborations, and all in all, provide an increased balance and well-being in life. Knowledge also has a preventive effect and improves your handling of undesirable states and situations of crisis, stress, and conflicts.

At Capacio, we are experts in cognitive neuroscience based on clinical research. Our ambition is to disseminate this knowledge outside the clinical field to give more people the right conditions to achieve self-awareness and achieve better functioning and well-being.

Content

The course focuses on self-awareness and creating an understanding of the functioning of others. It provides insights into, not only how the brain works in general and affects our functioning and well-being, but specifically how *your* own unique brain works. Above all, the parts that govern and regulate our thinking, our behavior, and our functioning.

The course includes a profiling test that maps your own cognitive profile so that you can then use it as a basis for continued learning and exploration. This part is optional, takes place anonymously and any sharing of the results is based on the decision of each participant.

Content in brief

- Our Brain – Introduction
- Our Thinking – What is Cognition and Cognitive Profile
- Your Brain and Unique Cognitive Profile
- Cognitive Diversity – Different Cognitive Profiles
- The Team Brain – The Cognitive Profile of a Specific Group
- Self-Awareness, Personal Development and Team Development Based on Cognitive Profile

Who is the course for?

The program is aimed at individuals, executives, and leaders with an interest in deepening self-awareness and strengthened (self-)leadership. For my own part and/or to lift out to the organization and customers. This is done through a deeper understanding of their unique brain and cognitive conditions. Already during the course, there is an opportunity for development, and it can be supplemented with individual and team-based cognitive coaching and development.

Experts and lecturers

Dive into the world of neuroscience and behavioral studies with our unparalleled team of experts. It is not just any group; it's a unique assembly of leading brain scientists, behavioral experts, and seasoned practitioners who are at the forefront of their respective fields.

Unparalleled Expertise in Brain Science and Behavior

Our experts bring to the table a staggering 100 years of combined experience, ensuring that you're learning from the very best. This vast experience spans across various domains:

- **Research & Development (R&D):** Our team members have been instrumental in pioneering research, pushing the boundaries of what we know about the brain and behavior. Their contributions to R&D have paved the way for many breakthroughs in the field.
- **Assessment:** Understanding the intricacies of the brain requires precise and accurate assessment. Our experts have been involved in the creation and refinement of some of the most trusted assessment tools in the industry.
- **Assessment Development:** Beyond just using existing tools, our team has been at the forefront of developing new, innovative assessment techniques. These tools are designed to provide deeper insights into cognition and behavior.

- **Practical Application:** Theory is vital, but application is where the rubber meets the road. Our experts don't just know the science; they understand its real-world implications. They've applied their knowledge in various settings, from clinical environments to corporate workshops, ensuring that what you learn is not just theoretical but also practically relevant.

A Holistic Approach to Brain and Executive Functioning

Covering all aspects of the brain and executive functioning, our team ensures a comprehensive understanding. Whether you're looking to delve into the intricacies of neural pathways or understand the behavioral implications of executive decisions, our experts have you covered.

With our team, you're not just getting information; you're gaining insights from those who've dedicated their lives to understanding the marvel that is the human brain.



Predrag Petrovic

Doctor, psychiatrist, neuroscientist cognitive neuroscience at Karolinska Institutet.



John Axelsson

Professor in Sleep, Stress and Cognition at the Stress Research Institute SU, and Karolinska Institutet.



Christine Bedinger

Licensed neuropsychologist, expert in cognition, cognitive testing.

Course Leader

Hans Jakobsson is the principal of Hitachigymnasiet in Västerås, which has been nominated for the Competence Award at the Tech Awards ceremony in 2022 for its unique specialized program within the technology field. In this program, some of the country's most motivated high school students are given the opportunity to study programming, cloud services, and artificial intelligence at a university level. Hans has a strong passion for cognition and learning and was awarded the Stora Skolledarpriset in 2018 for his contributions to education.



Hans Jakobsson

Principal of Hitachigymnasiet in Västerås, with a passion for cognition and learning.

Structure of the course

Extent

6 weeks – 6 sessions – 2 hours per session, as well as additional opportunities for self-study and digital mapping of your own cognitive profile.

Place

Mainly online with a final physical meeting. Each session is recorded and can be viewed afterwards.

Self-study

Self-study based on one's own cognitive profile is part of the course. Through rich, individualized video material, the opportunity for continued self-insight and self-work is provided even after the course.

Development and sharing sessions

Included and takes place in groups with full anonymity and voluntariness.

Certification – "Cognitive Profile and Executive Functioning"

Participants receive a diploma that proves their unique knowledge. Participation in the program involves learning at the forefront of modern brain research and behavioral science, directly from leading brain researchers and behavioral scientists, with unique insight into one's own and others' cognitive profile and functioning.

Course program overview

Session	Location	Theme	Lecturer
1	Online	Introduction to the course & Basics of the Brain	John Axelsson
2	Online	Introduction to Cognition and Individual Thought Profiles	Predrag Petrovic
3	Online	Mapping My Own Unique Thought Profile	-
4	Online	Your Executive Functions – The Control Tower of the Brain	Christine Bedinger
5	Online	Review of test results/cognitive profiles	Christine Bedinger Predrag Petrovic
6	Online	Self-study, in-depth study, and optimization based on your own cognitive profile	-
7	Online	Q&A Own Profile & Team Brain, the team's own cognitive profile	Christine Bedinger Predrag Petrovic
8	Stockholm	Closing Activity–Course Participant, Leading Brain Researcher	Christine Bedinger Predrag Petrovic John Axelsson, et. al.

Detailed course program

Session 1 - Introduction to the Course & Basics of the Brain

Location: Online

Lecturer: Professor John Axelsson

What you'll learn

The course begins with an overview of the different parts of the course. This is followed by an introduction to basic neuroscience and how the brain is structured and functions. We touch on the difference between the general and the individual brain and how it affects our behavior and functioning.

Session 2 - Introduction to Cognition and Individual Thought Profiles

Location: Online

Lecturer: Neuroscientist, Associate Professor and Psychiatrist Predrag Petrovic

What you'll learn

We are what we think. By understanding our thinking and how our brain processes information and creative thoughts, actions, and behaviors, we can greatly increase our understanding of ourselves and others. And with this insight, optimize our (self-)leadership, functioning and well-being.

Session 3 - Mapping my own unique thought profile

Location: Online

Organizer: Madelene Andersson

What you'll learn

This is a unique opportunity to map your unique cognitive profile and thinking style. This insight makes it possible to make wiser decisions and better optimize our (self-)leadership. The mapping takes place according to instructions on mobile phones. The analysis is then done by cognitive experts.

Session 4 - Your Executive Functions - The Brain's Control Tower

Location: Online

Lecturer: Neuropsychologist and cognitive expert Christine Bedinger

What you'll learn

A unique and fascinating review of what we call the control tower of the brain and our behavior. Quite simply, the cognitive abilities that control and regulate not only other parts of the brain but our behavior and functioning. And that we ourselves – when we understand them – can better control and regulate. The module looks at what is measured, interpretation and use of the results.

Session 5 - Review of test results/cognitive profiles

Location: Online

Lecturers: Christine Bedinger, Predrag Petrovic

What you'll learn

A review of examples of different cognitive profiles. The review takes place in groups. Before the meeting, you will have access to your profile and during the session you will have the opportunity to ask questions.

Session 6 - Self-study, deepening in your own cognitive profile

Location: Online

What you'll learn

Through a video tutorial tailored to your particular cognitive profile, you will have the opportunity to immerse yourself further in your different abilities, what they look like, possible advantages and disadvantages in different contexts and simple tips on how you can optimize and compensate strengths and weaknesses for optimal functioning in different contexts and increased well-being.

Session 7 - Q&A Own profile & Team Brain, the team's own cognitive profile

Location: Online

Lecturers: Christine Bedinger, Predrag Petrovic

What you'll learn

The module begins with a short Q&A based on your own deep dive/self-study to enable further deepening and strengthening of the insights gained.

In the team part of the lecture, we go through teams consisting of different brains that work in unique ways. Here you get an insight into how different cognitive profiles can both match and differ at the same time. And how it can both enable and hinder effective collaboration. In short, cognitive diversity.

Session 8 – Closing activity and mingle, Course participant, leading brain researcher

Location: Stockholm

Lecturers: Christine Bedinger, Predrag Petrovic, John Axelsson

What you'll learn

We conclude with a panel discussion with our leading experts on topics such as sleep, stress, cognitive variation, and peak performance. There is plenty of room for questions and dialogue and we end with mingling and "sharing" with other course participants.

All participants will receive a special offer to use the tools at their workplace.