

SAVE THE BRAIN.

BOOST YOUR PERSONNEL'S BRAIN
HEALTH.

Support
young people
in need!

IMPROVE PRODUCTIVITY.

[WWW.LOVELYLIFECOACHING.COM/
SAVE-THE-BRAIN](http://WWW.LOVELYLIFECOACHING.COM/SAVE-THE-BRAIN)

iVAMOS!
Diakonissalaitos



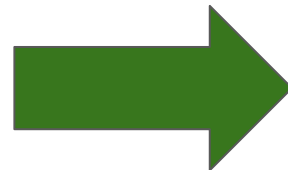
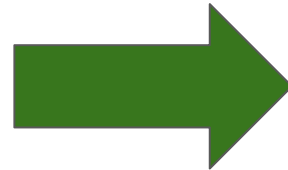
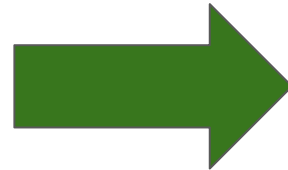
Responsible Actions And Sustainable Brain Health

Support the success of your personnel

10 Energize Your Brain Coaching packages € 6900

20 Energize Your Brain Coaching packages € 13800

30 Energize Your Brain Coaching packages € 20700



Support vulnerable young people in Vamos

1 Energize Your Brain Coaching package (value € 690)

2 Energize Your Brain Coaching packages (value € 1380)

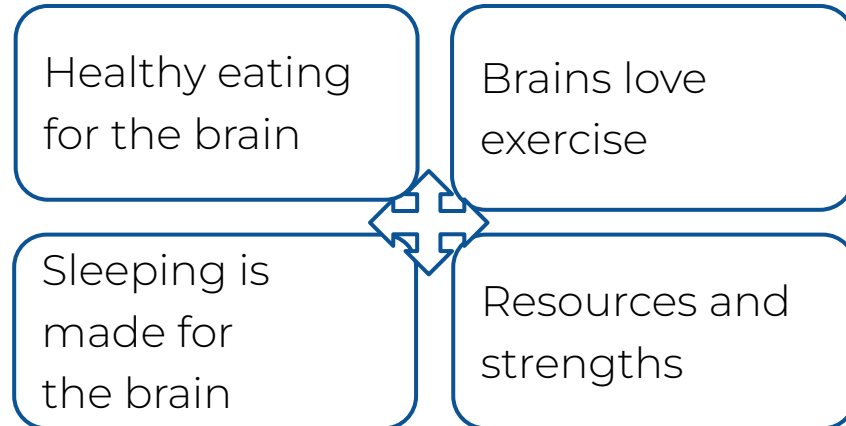
3 Energize Your Brain Coaching packages (value € 2070)

Prices VAT 0%

Coaching Activates Action

Energize Your Brain Coaching includes:

- Personal [wellbeing navigator®](#)
- **Four coaching sessions** (50 min) on two selected topics, remote meetings every two weeks
- A concise **information package and tips** on coaching themes
- A **follow-up** form to track your daily progress and tasks



<https://www.lovelylifecoaching.com/energize-your-brain/>

What's Vamos

- The service of the Deaconess Institute for young people not engaged in education or employment
- Vamos reduces the marginalization of young people aged 16-29 and helps young people get attached to society, education and work
- A Personal employee is appointed for each young person to take overall responsibility for their situation and identifying individual needs
- The operating model is based on intensive group and individual coaching, as well as compiling necessary services for the young person



In Finland, every 10th young person is at risk of being marginalized.

The pandemic increased the division of youth even further.



The target group is young people not employed or studying.

There are about
20 000
of them



15 000
young in 14
years

**In 2021
1882 young**

Units in
11
locations



iVAMOS!
Diakonissalaitos

Influence Mechanisms

- The young people interviewed felt that the most important influence mechanisms of Vamos were connected to personal encounters, unhurriedness, being accepted and cared for, progressing gradually, and the support offered when needed.
- The answers of the young people who participated in the group coaching emphasized the importance of Vamos as a social community.
- The role of Vamos as a safe resting place and harbor is important for young people.



Energize Your Brain Coaching Benefits

- Modifying routines that promote physical and mental well-being.
- Clarifying thoughts and increasing the productivity.
- Increasing self-leadership and self-awareness.
- Compilation of concrete brain-tuning models and tools.
- Strengthening commitment to the organization and a responsible employer image.



Well-Being Begins With Awareness

Navigate successfully

Besides the goal, you need to know where you take off to successfully navigate to being well. Mapping your starting point is crucial to find your first steps and implement them in the right order.



Know where to start

It is paramount to understand where you are embarking on the path to wellbeing. With the help of the **wellbeing navigator**, you will find out your strengths and possible places for development.



Everyone has a different path

We have different experiences, and our life situations are unique. In addition, we each have our own preferred style of action. Making a journey of wellbeing makes sense when it is tailored to suit us.



Know where to go

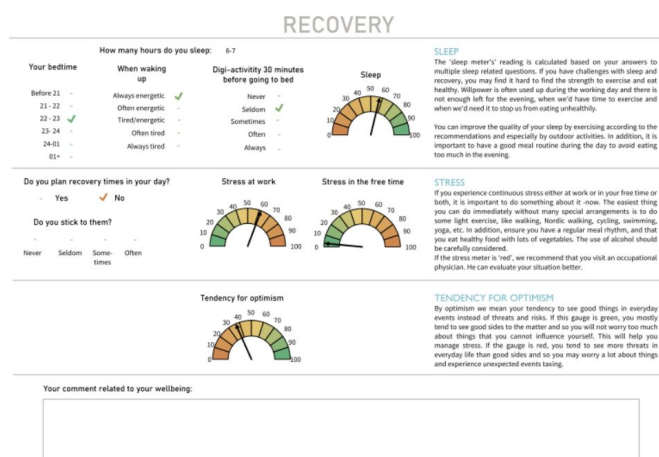
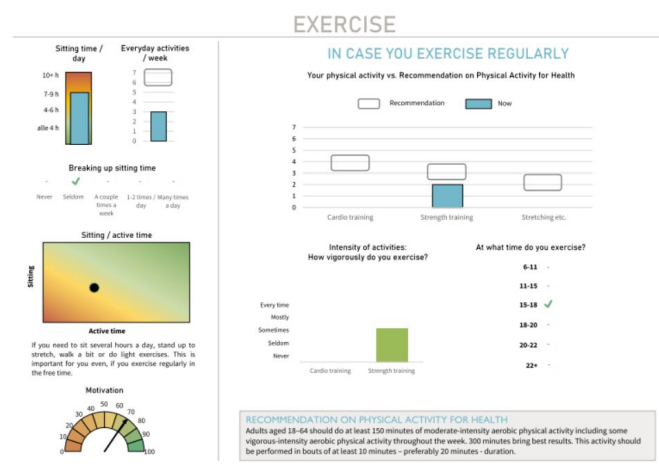
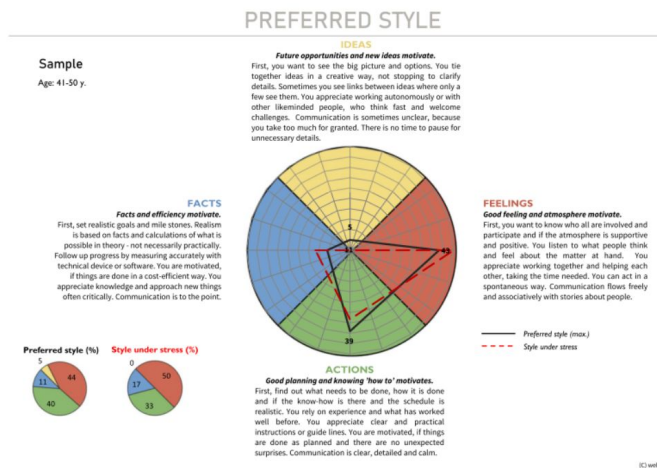
The **wellbeing navigator** shows you what you should change and how to change it. It makes it easier for you to get started when you know what are the first steps to get off to a good start.

Report

WELLBEING NAVIGATOR VISUALIZES THE OVERALL PICTURE AND IS EASY TO INTERPRET.

1. Preferred style
2. Fulfillment of WHO's recommendations for physical activity.
3. Fulfillment of national dietary and nutritional recommendations.
4. Recovery and sleep

[wellbeing navigator](#)



Encounters Empower Action

- Our coaching and training are based on researched data, Finnish nutrition recommendations, the FAQ Institute's exercise recommendations, positive psychology and solution focus.
- The most important thing in our training and coaching is an honest, genuine and respectful encounter in accordance with our values.
- Our coaching concept has been found to be effective in a project supported by the Finnish Work Environment Fund. In particular, the physical and mental quality of life has been perceived to improve, and brain resources to increase.



Your Investment: Energize Your Brain

| Your Investment in the Well-Being of the Brain (VAT 0%) | € |
|--|--------------|
| Personal wellbeing navigator® and the follow-up form | |
| 4 Personal coaching sessions with the LovelyLife® Coach 50 minutes / time | |
| A concise information package and tips on coaching themes | |
| Price 10 participants + 1 young in Vamos | 6900 |
| Price 20 participants + 2 young people in Vamos | 13800 |
| Price 30 participants + 3 young people in Vamos | 20700 |
| NOTE: In addition to promoting brain health of your personnel, you offer young people in need the opportunity for personal Energize Your Brain coaching. (value €690) | |

Meetings will be held online. Coaching languages Finnish and English.

Together we will find the best [LovelyLife® Wellness Coach](#) for you!

You will receive an e-card to tell about your participation in the campaign. Our campaign period is 15.11.2022-30.6.2023.

Our Coaching Feedback

The coaching helped me to regularly stop and think about my own well-being.

The journey was challenging, but without it, I doubt I would be here as confident and able to encounter the future as I am now. I realized during the coaching, how I could influence my own well-being!

I wanted to participate in this, because I needed support and tools to change my life. The success exceeded my expectations!





For more information please contact

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