

The Neuroscience of Mental Well-Being - A Workshop

In today's world, where we are constantly facing stress, rapid changes and ongoing demands, investing in well-being is more important than ever. Extensive neuroscience research shows that our well-being is not a matter of luck or genetics, but a skill we can develop. By nurturing positive habits, reducing stress and improving our relationships, we can enhance our cognitive, emotional and social functioning, and support our physical health. Get to know the neural foundations of well-being and how to strengthen them in your daily life based on a model developed by acclaimed neuroscientist Prof. Richard Davidson.

Workshop Structure

The workshop includes four 2-hour sessions (8 hours in total). Each session focuses on one of the four core pillars of well-being according to the brain-based model: Awareness, Connection, Insight and Purpose. In each session, we dive into the neuroscience behind that pillar and learn mindfulness techniques to nurture it.

Session Topics

1. **Awareness: Understanding and improving our ability to be present.** This session explores how cultivating awareness of our sensations, thoughts, emotions and environment can reduce stress and reshape how we experience the world around us.
2. **Connection: The self and the other.** This session emphasizes the importance of empathy, compassion and effective communication for mental well-being. We'll explore how neuroscience explains our innate need for social connection.
3. **Insight: The power of self-reflection.** This session focuses on developing a deeper understanding of our patterns, beliefs and behaviors. We'll learn how insight contributes to emotional resilience and enables meaningful life changes.
4. **Purpose: Value-driven action.** This session centers on how having a sense of meaning and purpose and clarity about life-goals contributes to thriving and to mental and physical health.

About the Facilitators:

Dr. Noa Albelda holds a PhD in neuroscience and is certified in low-intensity cognitive-behavioral counselling (LICBT). She has worked for many years at the Sagol Center for Brain and Mind and the Sagol School Program (Reichman University), promoting neuroscience- and mindfulness-based well-being in Israel's education system. Noa has developed and facilitated numerous workshops and courses on mental well-being for professionals in education and mental health, as well as for the general public. Today she works as an LICBT counsellor and provides lectures and

workshops on mental well-being and neuroscience for companies, organizations, and individuals. She specializes in making scientific knowledge and insights accessible and applicable to everyday life.

Danielle Dagan is a facilitator and environmental storyteller with expertise in mindfulness, education, and personal development. With a background in Earth Sciences and leadership, she creates warm, grounded spaces that nurture resilience, connection, and emotional well-being — blending nature’s wisdom with the needs of a changing world.