



Oppiko Akatemia®


The leading Nordic organisation in the field of inclusion, positive psychology+pedagogy, neurodiversity, coaching approach and wellbeing skills.




OPPIKO AKATEMIA®


Oppiko Akatemia® offers **online** and local **training** of exceptional quality. We support individuals, businesses and educational institutions in promoting wellbeing and understanding neurodiversity as a factor of success. We are the most popular innovation offering neurodiversity trainings in Europe.


At the core of Oppiko Akatemia®'s trainings is the Oppiko-method®. It's a unique combination of awareness and knowledge of neurodiversity, broad-ranging wellbeing skills, humane encountering, positive psychology and solution-focused coaching approach.

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DESIGNERS AND LEAD EXPERTS OF OPPIKO TRAINING PROGRAMS



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Co-founder
Educator, Coach

BA of Arts (Education) with QTS =
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Class Teacher
Solution-focused Neuropsychiatric
Coach
Teacher of Positive Pedagogy and
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Positive Psychology Coach (ICF)
Certified Business Coach® (ICF)



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Laura Widenius

Doctor, Medical expert

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Psychotherapist, MBT-F Practitioner
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1) Oppiko Akatemia® Learning Labs

<https://www.oppiko.fi/learning-labs>

Oppiko Learning Labs are focused, **practical 3-hour online training sessions** designed for immediate impact. Each session dives into a specific topic, offering **actionable tools, concrete examples,** and **easy-to-apply strategies.** Learning Labs are ideal for teams and professionals who want inspiration, skills, and results — without a long-term time commitment.

Topics offered (3 hours each):

- 1) Introduction to Neurodiversity, Positive Psychology & Inclusive Classroom Solutions**
- 2) Positive Pedagogy as a Powerful Tool for Successful Classroom Management**
- 3) Practical Ways to Support Neurodiversity and Create an Inclusive Classroom**
- 4) Teaching Wellbeing Skills and Embedding Them into Classroom and School Culture**



1) Oppiko Akatemia® Learning Labs

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1) Introduction to Neurodiversity, Positive Psychology & Inclusive Classroom Solutions

(recommended for the first Learning Lab)

This Learning Lab introduces the core principles of neurodiversity and positive psychology/pedagogy, and what impact they have in everyday classroom practice. Participants gain a clear understanding of different learner profiles and practical tools to create supportive, strengths-based learning environments. A powerful starting point for schools ready to build more inclusive and thriving classrooms.

2) Positive Pedagogy as a Powerful Tool for Successful Classroom Management

Discover how positive pedagogy transforms classroom management in meaningful and practical ways. This session provides practical strategies to strengthen student motivation, responsibility, and engagement while reducing disruptive behaviour.

Learn how to build a classroom climate where expectations are clear, relationships are strong, and learning truly thrives.



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3) Practical Ways to Support Neurodiversity and Create an Inclusive Classroom

Move from awareness to action. This Learning Lab offers concrete, ready-to-use strategies to support neurodivergent learners and create psychologically safe learning environments for all students.

Participants leave with practical tools that improve focus, participation, and wellbeing, without adding extra workload.

4) Teaching Wellbeing Skills and Embedding Them into Classroom and School Culture

Wellbeing is the foundation for learning. In this session, educators explore how to teach essential wellbeing skills, including happiness, emotional awareness, strengths, social interaction, and self-management, and how to integrate them seamlessly into daily classroom practice. These skills, and many more, can be actively taught, practiced, and developed through engaging exercises.

Discover how to embed wellbeing at the heart of teaching and school culture, creating lasting impact for students and staff.





2) Oppiko Toolbox of a Modern Teacher –program

<https://www.oppiko.fi/toolbox>

Oppiko Toolbox of a modern Teacher -program is built on the needs of a modern Finnish educator.

These proven practices and improved abilities will benefit the work of every teacher - **anywhere in the world!**

The program includes a comprehensive package of **theoretical knowledge, practical applications** and novel ideas focusing on the classroom practices and the wellbeing of the students and the teacher. The core elements are harnessing the power of positive pedagogy, deep understanding of neurodiversity and practical classroom solutions that improve the wellbeing and learning of every individual.

Oppiko Toolbox of a Modern Teacher -program offers a **highly flexible** and individual way to learn about these essential skills of a modern educator.

The student and/or the institution will receive a **certificate** after the completion of the course.



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2) Oppiko Toolbox of a Modern Teacher -program

<https://www.oppiko.fi/toolbox>



Main Themes:

1. Wellbeing at work
2. Positive Psychology
3. Positive Pedagogy
4. Neurodiversity and neuropsychiatric traits
5. Teaching wellbeing skills

This program is delivered via an online learning platform, offering a flexible and self-paced experience tailored for busy educators. Each theme includes 30–90 minutes of engaging recorded lectures, reflective exercises, and a rich library of practical, ready-to-use, and printable teaching materials.

Gain actionable tools, insights, and strategies you can immediately apply in your classroom to foster wellbeing, inclusivity, and effective teaching practices.





3) Oppiko Neurodiversity Coach -training program

Oppiko Neurodiversity Coach -training program is the most popular neurodiversity coach program in the Nordic countries.

It provides in-depth knowledge and practical skills in:

- Neurodiversity
- Neuropsychiatric traits
- Positive psychology
- Positive pedagogy
- Broad-ranging wellbeing skills
- Coaching -methods

Upon completing the program, you will have the tools to work as a **Neurodiversity Coach** in schools, communities or workplaces.

You will also receive the **Oppiko Akatemia® Certificate** after completion of the program.

The program is **accredited by NMI (Niilo Mäki Institute)**, the leading research institute in Finland on learning and learning difficulties.

The program consists of 11 online meetings (2 hrs each) and self-paced study on a dedicated Finnish learning platform.

Designed for working professionals, it spans seven months and can be completed alongside full-time work.

Learn more about the program here: <https://www.oppiko.fi/neurodiversity-coach>



3) Oppiko Neurodiversity Coach -training program

The most popular Neurodiversity Coach -program in Nordic countries



Examples of authentic participant feedback:

“An excellent training package that has a positive impact, not only on your professional skills, but also on your wellbeing and the way you view the world around you.”



“A wonderful, well-executed training that gave me a lot of knowledge, skills and food for thought. Superpositive and supportive trainers. Great ready-to-use materials.”



“I got more out of this than I ever could have imagined. I’m very happy that I started on this path of learning.”



“The best money I’ve ever spent. ”



**You are warmly welcome to
join the Oppiko Trainings!**



**A Gateway to
Nordic Wellbeing Education**



Kirsi & Suvi
and
the Oppiko team