



Welcome to join our free-of-charge international course on
Strengthening Personal and Organizational Capacities for A Resilient Baltic Sea Region

After having studied the course, the student is able to:

- Critically analyze resilience frameworks and their application to specific challenges in the Baltic Sea region.
- Evaluate and implement psychological strategies to enhance personal resilience in response to adversity, with a focus on culturally relevant mental health practices in the Baltic Sea region.
- Design organizational resilience strategies that integrate leadership approaches, long-term planning, and sector-specific adaptations.

You can access the enrollment for the course via this link

[Strengthening Personal and Organizational Capacities for A Resilient Baltic Sea Region | Laurea-AMK | Open UAS](#)

You should register first to SMART, then you can enroll!

More about the course:

The study unit is completed partly independently following a schedule for returning assignments.

In addition to independent studying, the study unit includes scheduled synchronous teaching or guidance online. The study unit also includes interactive participation.

Recordings of the synchronous sessions can be viewed in the learning platform afterwards. You will receive feedback on your final assignment.

The course will be implemented in the Moodle learning environment from weeks 13 to 22

- 24.3.2025 Pre-assignment will be open in week 13

The online synchronous sessions are:

- 2.4.2025 orientation, kick-off for course (week 14) 17-18.30 EET
- 21.5.2025 Group discussion 17-18.30 EET