



FOREWORD TO THE HANDBOOK

By Dr. Viveka Ramel, Clinical Psychologist, educator, and sustainability advocate with a deep grounding in Acceptance and Commitment Therapy (ACT), cognitive-affective neuroscience, and mindfulness-based resilience training. Founder of Sevitar and co-founder of the San Francisco Center for ACT.

For more than two decades, I have worked with hundreds of individuals, leaders, professionals, and teams, using the very psychological flexibility skills you'll find in these pages. I have seen, time and again, how these tools help people unhook from unhelpful thoughts, build empathy, regulate difficult emotions, and facilitate meaningful action, also when the pressure is high.

What excites me about Trine's book is that it brings some of these science-based strategies out of the therapy room and into the wider world of work. It offers the possibility of scalability that we need in organizations today, translating decades of research into practical, relatable examples and exercises that can be applied by anyone, no matter whether they are an individual seeking personal clarity, a leader navigating complexity, or a team striving for sustainable high performance.

The five habits Trine has identified are not just abstract theories. They are mental muscles we already have, and with practice, they can be strengthened to support better decisions, deeper collaboration, and a more intentional way of working.

Your mind is extraordinary. I hope you approach these pages with curiosity, self-compassion, and a willingness to experiment. Small shifts in perspective and action can ripple into profound changes in how you lead, work, and live.

Viveka