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Kati is an expert in sustainable wellbeing, a physiotherapist, and a licentiate in political science. She is currently writing her doctoral thesis on nature-based methods in health management sciences at the University of Eastern Finland. She works at the South-Eastern Finland University of Applied Sciences as the leader of the Nature Based Health Services team. Kati started her own company which offers nature-based wellness and health promotion services based on her research.

In her free time Kati enjoys outdoor activities throughout the year. She is also a big fan of Finnish folk traditions.

My Topics for the 26th International Teaching Week:

- 1) Nature-based methods in human movement sciences. (lecture)
- 2) Nature-based methods in human movement sciences. (practical workshop)