



# Myelin OPS

Company Profile

# Introduction

Neurons make the brain work, but myelin makes them work better. Imagine your company is the brain, and your employees are the neurons. Myelin OPS provides the 'myelin' your company needs to boost effectiveness and accelerate results.

## Meaning of the name:

**Myelin** – A protective layer of the neuron's axons enhancing neuron's effectivity and acceleration

**OPS** – Organizational Psychology Services

# Mission & Vision

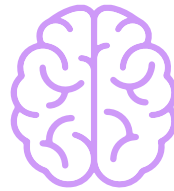
## Mission

Our mission is to provide tailored organizational psychology services that safeguard mental health, optimize team dynamics, and boost overall performance. We act as your in-house organizational psychologist, delivering assessments, trainings, group dynamics facilitation, and strategic solutions to help both employees and organizations function at their best.

## Vision

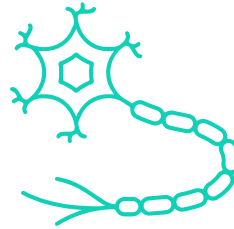
To be the protective layer that empowers organizations and their people to thrive, enhancing mental well-being, fostering collaboration, and accelerating performance, just like myelin strengthens and accelerates neurons in the brain.

for you  
and your  
organization



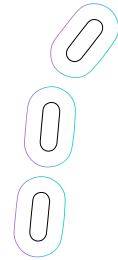
Brain -  
Company

+



Neuron -  
Employees

+



Myelin -  
Us

=

**myelin**  
ops

Myelinated neuron - effective neuron - healthy brain

# What we are to your organization

Layer of protection  
for your organization's  
processes and structure.



Layer of protection  
for your mental health  
at the work place.

Strategies for your and  
your organizations  
effective functioning.

Acceleration of the best  
job performance.



**Solutions we bring**



### 1. Group Dynamics:

- **Problem:** Lack of cohesion and collaboration within teams leading to decreased productivity and morale.
- **Benefit:** Improved team dynamics and communication resulting in enhanced productivity, creativity, and employee satisfaction.



### 2. Company Assessments:

- **Problem:** Unclear understanding of employee performance, satisfaction levels, and organizational culture.
- **Benefit:** Comprehensive insights into individual and team performance, improved leadership effectiveness, enhanced job satisfaction, and a more positive organizational culture.



### 3. Leadership Development:

- **Problem:** Ineffective leadership leading to poor employee motivation, retention, and organizational performance.
- **Benefit:** Enhanced leadership skills based on neuroscience principles resulting in better employee engagement, talent retention, and overall organizational success.



### 4. Migration and Repatriation of Employees:

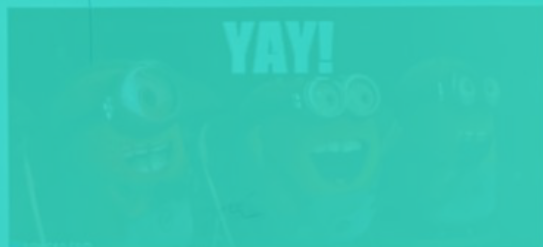
- **Problem:** Lack of support for employees during transitions leading to stress, decreased productivity, and retention issues.
- **Benefit:** Psychosocial support, smooth transition processes, and enhanced employee well-being leading to increased productivity, loyalty, and retention.



### 5. Integral Organizational Advancement Services:

- **Problem:** Inefficient performance management, low employee engagement, talent shortages, and resistance to change.
- **Benefit:** Improved performance management, increased employee engagement and satisfaction, better talent management, enhanced workplace diversity and inclusion, optimized job design, and smoother organizational change management processes.

Aktiviteti



Our work



We have had the pleasure of offering our services to important institutions in Kosovo. Some of them being the **University of Prishtina** “**Hasan Prishtina**” and the **University of Peja** “**Haxhi Zeka**”.

Both Universities were interested in learning more about:

- Organizational Culture
- 360-degree feedback and
- Emotional Intelligence



## Workshop on Stress Management and Burnout Prevention at "Mother Teresa"

Myelin OPS had the privilege of organizing a workshop on Stress Management and Burnout Prevention in the Workplace for the dedicated staff of the "Mother Teresa" organization. Held at their offices, the session aimed to raise awareness about workplace stressors and equip participants with practical tools and strategies to address and mitigate these challenges effectively.





At Myelin OPS, we proudly collaborated with Cactus Education during Global EntrepreneurshipWeek for the "EmpowerHER- Cyber Safety" workshop.



## Myelin for Municipalities

As part of our mission to support public institutions in fostering healthier work environments, Myelin OPS conducted a comprehensive research project for the Municipality of Vushtrria, examining the stress levels among employees and their impact on job performance and counterproductive work behaviors.



**Myelin OPS**  
for the community

# Featured on Parar para Vender Podcast

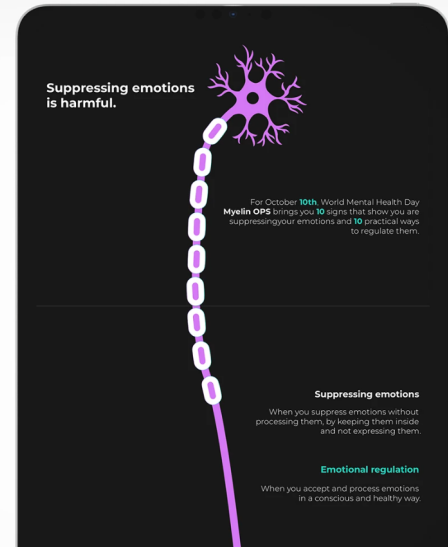
Our founder was honored to be a guest on the renowned Portuguese podcast Parar para Vender, where she explored the fascinating topic of the Neuroscience of Negotiation.

The image shows a screenshot of a LinkedIn profile for Myelin OPS, overlaid with a video call interface. The video call shows two participants: Eduardo Mouta (top) and Arissa Aliqaj (bottom). The LinkedIn profile for Myelin OPS is the central focus, displaying the company logo, name, and description: "Myelin OPS Myelination for You & Your Organization Business Consulting and Services - Pishkina - 77 followers - 2-10 employees". The profile also shows a "Message" button, a "Following" status, and navigation tabs for Home, About, Posts, Jobs, People, and Insights. The right sidebar of the LinkedIn page shows recommendations for other pages like Mobil, IPKO Foundation, and Kutlia.

# World Mental Health Day Initiatives 2025

In the lead-up to World Mental Health Day on October 10th, Myelin OPS reinforced its commitment to promoting mental well-being and open dialogue across communities.

And in honor of **October 10th**, Myelin OPS introduced a new digital booklet, **“10 Signs You’re Suppressing Your Emotions and 10 Practical Ways to Regulate Them,”** offering simple, science-based guidance for emotional awareness and self-regulation.



## World Mental Health Day Initiatives 2024

In the lead-up to World Mental Health Day on October 10th, Myelin OPS launched a 7-day social media countdown, sharing daily advice to promote mental health in the workplace. Additionally, our founder made a significant impact at the Dark Side of HR event with over 275 participants, delivering an insightful presentation on the critical intersection of mental health and human resources.



To further support the cause, Myelin OPS offered companies a complimentary service to mark this important day, emphasizing our dedication to fostering well-being in organizational settings.

## Myelin OPS at AnchorzUp

At Myelin OPS, we believe that effective leadership begins with self-understanding.

In one of our sessions with the Anchors, We guided participants through an exploration of defense mechanisms, emotional triggers and blind spots, equipping them with practical tools to better understand themselves and their reactions.

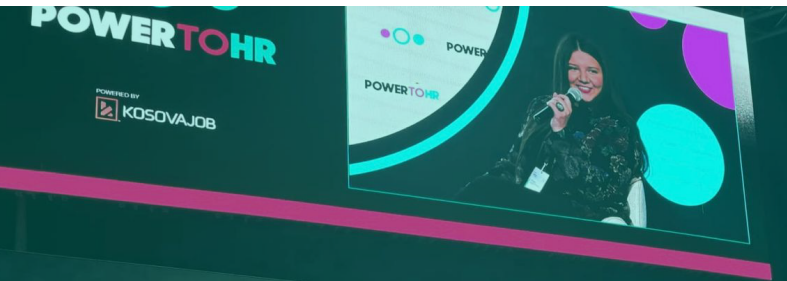




At Tech Fest, we had the privilege of highlighting the vital role organizational psychologists play in driving change in the workplace, especially when it comes to integrating artificial intelligence.



At Power to HR our founder co-lead a fire side chat with Google's Global HR Lead Serkan Deveci covering the topic of the Neuroscience of Employee Engagement.



At the same event, our founder gave a presentation on the neuroscience of building trust within teams.

## Myelin OPS in TP Talks Podcast

In this episode of TP Talks, our founder Arnisa Aliqaj shared her insights and experiences on how to maintain balance between personal and professional life, especially during periods of stress or emotional exhaustion.



This conversation was part of October's Mental Health Awareness Month, aimed at encouraging open and healthy discussions about mental health and its essential role in both professional and personal success.

Myelin OPS held a session on stress and stress management at work with the Albi Fashion Group team.





As part of Stress Awareness initiatives, Myelin OPS collaborated with KosovaJob to deliver an engaging session.

# Testimonials

It was a privilege to collaborate with Myelin OPS. The company provided an insightful analysis on workplace stress and its impact on performance provided great value to our municipality's employees. Myelin OPS is an ideal partner for any organization seeking to enhance well-being and performance at work.

-Municipality of Vushtrria

Throughout the sessions, Myelin OPS exhibited an exceptional level of expertise and professionalism. Their facilitator demonstrated a profound grasp of the subject matter, effectively engaging participants and cultivating an environment conducive to learning and development. The interactive approach ensured active involvement from all attendees, resulting in valuable insights and actionable takeaways.

-University of Prishtina

"Based on the feedback from the personnel who participated in the training, Myelin OPS demonstrated an exemplary level of expertise and professionalism throughout the engagement. Their trainer showed a deep understanding of the subject matter, effectively engaging participants and fostering a shared sense of learning. The interactive nature of the sessions ensured active participation from all attendees."

-"Haxhi Zeka" University

The interactive activities were particularly engaging and practical. These tools provided our team with actionable strategies to incorporate into their daily routines. Additionally, the group work on identifying workplace stressors fostered open communication and collective problem solving.

-The Kosova Humanitarian and Charitable Society-Mother Teres

# Our Partners

We are happy that one of our partners is the NeuroBusiness School (NBS) in Barcelona, Spain. We work together on networking, mentoring students and growing businesses.

Venture UP – Together with Venture Up we offer Neuromarketing Trainings to Economy and Social Science students.

A Memorandum of Understanding was signed between the representatives of Myelin OPS and the Kosova Humanitarian and Charitable Society Mother Teresa to provide services to returnees and other vulnerable groups.



**VENTURE UP**





## Our founder and CEO

Arnisa Aliqkaj is a Master of Organizational and Social Psychology. She also holds a second Master degree in Neuroleadership. She has lead numerous projects and collaborated with many companies, donor organizations and Kosovar institutions. Arnisa is fluent in English and German, and wants to use her education and expertize to create better working environments.



## Zanfina Raja

### Organizational Development and Workplace Wellbeing Consultant

Zanfina Raja is a Psychologist and Human Resources professional with experience in recruitment, talent development, and project support. With a background in international and local organizations such as Linde Gas GmbH, ATOMI Institute, and Culturelligence, she has contributed to building fair and inclusive people management practices.

At Myelin OPS, Zanfina contributes to projects focused on leadership development, organizational culture, and workplace well-being, supporting the implementation of practices grounded in neuroscience and organizational psychology. She also contributes to research and training processes, combining her HR expertise with a passion for creating healthy and productive work environments.



## Ardita Shabani

Intern – Clinical and Community Psychology

Ardita Shabani is a Master's student in Clinical and Community Psychology at the University of Prishtina, with a strong foundation in emotional support, communication, and client-centered care. She brings hands-on experience from educational and caregiving environments, supporting emotional development and inclusive learning for children and young people.

At Myelin OPS, Ardita contributes to projects focused on psychological well-being, emotional intelligence, and workplace mental health, assisting in research, training preparation, and training delivery. Her empathetic and analytical approach supports the development of programs that enhance emotional awareness, resilience, and collaboration in organizations.

**myelin** for you  
and your  
organization

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2025