
The Overcome project is coming to an end

OVERCOME is an Erasmus+ project aiming to enhance low-skilled adults' competencies and support their inclusion in the labour market and society by reinforcing their employability skills and psychological capacities. The project is funded by the Erasmus+ Program of the European Union and Movetia, the Swiss National Agency for Exchange and Mobility. The following six organisations implement it: Canary Wharf Consulting Ltd (UK), The Rural Hub (IE), Hellenic Society for Positive Psychology (Greece), CARDET (Cyprus), Mindshift (Portugal) and Institute of Development (Cyprus), as well as SVEB (Switzerland) as our associated Partner.

Final Conference

To celebrate the closure of the project, the Final Conference was held on 8/11/2022 in London with the participation of the partners and stakeholders, psychologists, career counsellors and low-skilled adults. The Final Conference served as the project's official closure by promoting its accomplishments to a wider audience.

Results

Within this context, the project's team created an online platform targeted at professionals and low-skilled adults. The platform was piloted in every partner's country and is available in English, Greek and Portuguese.

The modules of the platform are:

1. Employability skills
2. Hope and Optimism
3. Resilience
4. Character Strengths and Efficacy
5. Sense of Meaning and Purpose



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Additionally, we developed a toolkit for low-skilled adults to develop their psychological capital. The OVERCOME toolkit is designed to help unemployed adults and job seekers improve their employability skills and enhance their well-being and psychological capacity to overcome the obstacles of obtaining or retaining a job. The toolkit offers useful information, practical strategies, and resources for creating positive change. It includes practical tips, summaries of key concepts, checklists for self-assessment and reflection, employability guides and support, and material addressing the psychological capital of unemployed adults.

Download it [here](#).

The project team launched a dedicated platform for professionals and low-skilled adults; so far, over 100 participants have enrolled on the platform.

More about the project

If you want to learn more about the project, please visit our website <https://www.overcome-project.com/> or contact us at info@overcome-project.eu.