

Press Release



BE WELL

BE WELL AT WORK

Well-being at the workplace is an essential pre-condition for healthy and motivated employees. But in times of the pandemic and the post-covid environment, many workplaces have transformed to a more flexible and often remote setting. This shift provokes new challenges, especially for new and young employees who need to find their ground in a world of work or who are still in their initial training cycle in a work-based learning program.

To tackle these challenges and to equip young employees as well as their professional mentors with relevant resources, the Erasmus+ project BE WELL provides four main deliverables: (1) A 28-day well-being planner that will act as a personalised, interactive learning resource for young employees; and an accompanying handbook of self-help resources; (2) a 42-hour Continuous Professional Development Training programme for VET trainers introducing well-being, work-based learning and micro-learning models; (3) a MOOC in 6 languages to present all results; and (4) a library of 35 OERs to support HR professionals to support workplace well-being.

Under the lead of the Spanish coordinator STP Europa, six partner organisations from Austria, Bulgaria, Cyprus, Greece, Ireland and Portugal are working on this project from September 2022 to August 2024. Especially in the second project half, there are various opportunities to participate and benefit first-hand from the developed resources. There will be BE-WELL Promotion Events in all seven partner countries to test the CPD Training and the micro-learning resources with young employees, HR professionals, coaches and VET-trainers/mentors.

Keep up-to-date with the project's progress and get ready to participate in one of those activities to become the BE WELL pioneer of your workplace.

Find us online on <https://be-wellproject.eu> or subscribe to our social media channels on Facebook facebook.com/bewellerasmus and on LinkedIn linkedin.com/company/be-well-project.



BE WELL



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them. Project Number 2022-1-ES01-KA220-VET-000086525