

1st Newsletter

Objectives of the project

BeWell aims to support young employees and vocational educators to address the rising mental health issues affecting Europe's young adults today.

Through delivering the Be-Well project, we aim to provide a range of micro-learning well-being resources to young employees and businesses to support work-based learning programmes and to promote workplace well-being among our business and vocational education and training networks.

The project will develop the following Outputs:

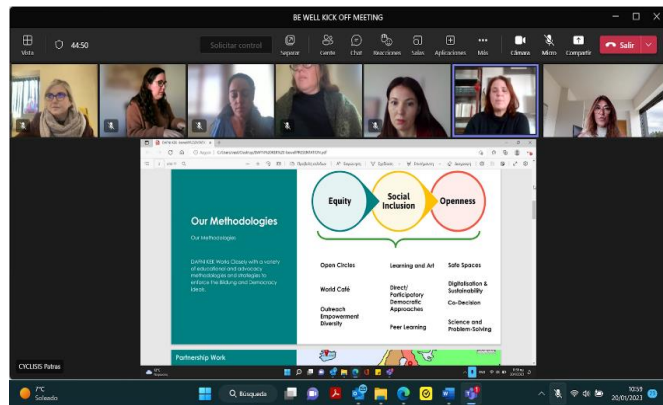
- Interactive Micro-Learning Toolkit for Well-being Promotion & MOOC Platform
- Continuous Professional Development Training for Vocational Education Providers
- Policy and Practice Recommendations Report

Current activities of the project:

Currently the partners are working on the first output which focuses on developing **28-day well-being planner** that will act as a personalised, interactive learning resource for young employees in companies, and those currently engaged in remote and hybrid working models.

Kick-off meeting

The first meeting of the project took place online on the 20th of January 2023. The meeting started with a welcome and presentation of each of the different organisations who form the partnership of this project. The development plan of the project including deadlines and division of work between partners was presented and partners agreed upon all the upcoming activities.



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BE WELL

