

5TH NEWSLETTER

March, 2020

WELCOME TO THE FIFTH NEWSLETTER OF THE “UNWIND” PROJECT!

All the project outputs are available on the website. What can you find there?

- A suite of 12 career management video presentation based on the 4 themes identified in the Scottish Framework (SELF, STRENGTHS, HORIZONS, NETWORKS).
- A suite of bespoke mini-learning format video presentation based on the 4 key skills that are most in demand in the marketplace (COMMUNICATION, LEADERSHIP, TEAMWORK, PROBLEM-SOLVING).
- A comprehensive range of resources based on the 4 critical work-related stress areas (KNOWING WHAT IS IMPORTANT, LESS ANGER; LESS STRESS, BEING ORGANIZED, SUPPORT SYSTEMS).
- Induction Training Programme based on the learning outcome matrices for IO1, IO2 and IO3.
- E-learning portal to ensure that target groups have access to all learning resources in the toolkits on a range of mobile and fixed devices.

How can YOU benefit from the project outputs?

Training Programme was developed within the UNWIND project. After completing this training programme, participants are able to:

- Master the role of a mentor of a young employee in a company or organisation.
- Help the new employee to successfully manage the probationary period and adapt well to the new job.
- Help empathically and effectively to a young employee with a particular problem in the workplace.
- Prepare and lead a long-term mentoring program to help new employees develop the necessary and practical skills and improve their functioning in the company or organisation.
- Utilise 36 themed video presentations of the UNWIND project to discuss with young employees, analyse a topic, identify a problem and acquiring new skills.
- Create a presentation on any theme they need for mentoring.

All learning materials are available free of charge on our website www.unwind.work. We invite you to create an account and benefit from the fruits of our work!



UNWIND

Reducing Workplace Stress for Young People by Building Career Management Skills