

UNWIND PROJECT NEWSLETTER 1

WORK BETTER, STRESS LESS- THE IDEA BEHIND THE PROJECT

Our mission is to help young people to be better equipped to make better, more informed and more appropriate career choices and to find their place in the rapidly evolving marketplace.

Stress management skills are essential for all members of the workforce throughout their working life. Even if stress management is a soft skill, it is considered to be a really important one. Stress has a big impact on everything we do.

Stress management doesn't mean eliminating stress from your life completely. Actually stress may be a good motivator for young people starting their job. It only becomes a problem if it's not managed right – and people get either too anxious even paralyzed to get anything done, or too hyped and unable to focus on anything. The aim of UNWIND project is to learn young people entering the work market how to manage stress and to gain considerable skill-set which will help with them wherever they go in their career and will have those skills to call on when the opportunity or necessity for career change presents itself.

WELCOME TO THE FIRST NEWSLETTER OF THE „UNWIND“ PROJECT!

We will be happy to tell you about:

- The idea behind the project
- The members of our consortium
- The first Transnational Project Meeting



In today's modern workplace, a certain level of pressure is completely normal and to be expected, but when they end up in a stressful working environment, with little or no supports in place, people can find it difficult to cope and some may develop a range of health issues as a result.

ABOUT THE PROJECT

WHAT DO WE WANT TO ACHIEVE?

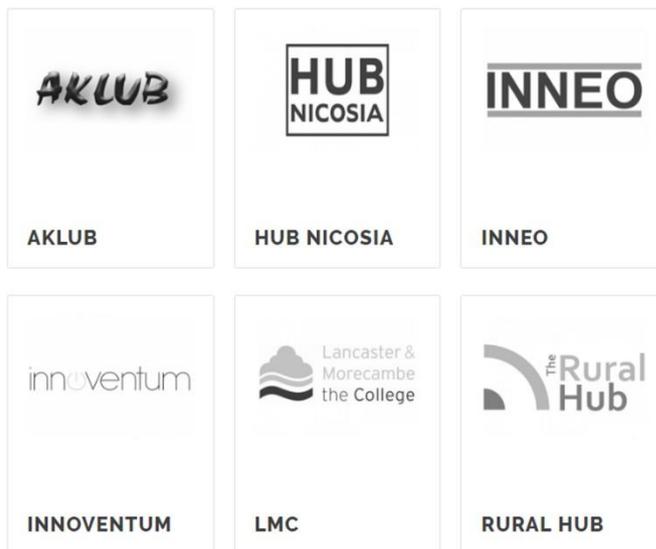
The project "Unwind" is the partnership in the framework of Erasmus+ programme. The target group of the project are young people entering the labour market.

The objective of the UNWIND project is, among others, to develop a totally new suite of career management resources that address the 4 areas:

- SELF - competences that enable young people to develop their sense of self within society;
- STRENGTHS - competences that enable young people to build on their strengths to pursue rewarding learning or work opportunities;
- HORIZONS - competences that enable young people to visualise, plan and achieve their career aspirations;
- NETWORKS - competences that enable young people to develop networks of support.



PROJECT PARTNERS



THE PARTNERSHIP

The project is developed by six partners from six different EU countries:

- AKLUB Centrum vzdělávání a poradenství (Czech Republic),
- The Rural Hub (Ireland),
- INNOVENTUM OY (Finland),
- INNEO (Poland).
- Hub Nicosia (Cyprus)
- Lancaster and Morecambe College(UK)

The organizations have different sizes, characteristics and fields of specializations, which will help us develop a very effective cooperation. The project meetings are scheduled in regular basis to stay constantly involved in the project and focused on our goals.



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1st TRANSNATIONAL PROJECT MEETING IN IRELAND

MEETING IN VIRGINIA, IRELAND

The kick-off meeting in the framework of the project “UNWIND” took place **in Virginia (Ireland) on the 21st of September 2018**. The meeting has been hosted by Rural Hub, the Irish partner in the project.

The meeting started with welcoming and presentation of partners. The coordinator presented the project development plan including deadlines of tasks and division of work between partners. Partners have discussed all the upcoming activities.

COMING NEXT...

During the next months we are going to:

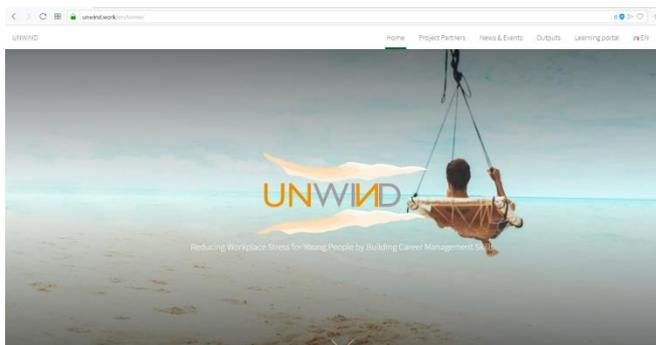
- Develop a bespoke curriculum of mini-learning format resources for young people that support the acquisition of high-value labour market oriented skills.
- Develop a comprehensive range of self-help resources to support young people to effectively manage stress in the workplace.
- Meet again on the 28th of February 2019 in Cyprus in order to discuss the next steps of the project



On the second day the partners continued the discussion about the shape of the future outputs. They summarized the meeting and the Irish partner issued certificates for participants.

The next meeting is planned on the 28th of February and 1st of March 2019 in Cyprus.

WHERE CAN YOU FIND US?



Visit our website:

www.unwind.work

and join our Facebook page:

<https://www.facebook.com/unwind.work/>



Erasmus+

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