



## 2<sup>nd</sup> Newsletter – How mindful are you?

March 2019

<http://mindfulmanager.eu/>



### The Mindful Managers project

Work-related stress is among the most commonly reported causes of work-related illness, affecting more than 40 million people across the EU. While employment has many benefits for our physical and mental health, the pace and nature of work is changing, leading to extra pressures on mental health and well-being.

Partners in the UK, Belgium, Cyprus and Finland have gathered to develop a new training programme supporting public sector managers in dealing with these pressures.

The Mindful Managers project, which is funded by the Erasmus+ Programme of the EU, aims:

- to **destigmatise** the discussion around mental health at work; and
- to give managers **tools and resources** to actively support positive wellbeing at work for themselves and their teams.





## The Mindful Managers Training Programme

Are you a public sector manager? Do you want to explore positive coaching, relaxation techniques and interpersonal awareness to support your wellbeing at work. Join the Mindful Managers Training Programme! The training has been developed by the project partners and is ready to be launched in summer 2019. The programme consists of 5 modules:

- Connect
- Be active
- Take notice
- Keep learning
- Give

Stay tuned for more information and dates of the training programme in Belgium, Cyprus, Finland, and the UK.







## Partners

**Inova Consultancy Ltd** (UK) provides specialist consultancy services in the areas of diversity, equal opportunities and entrepreneurship. Inova has extensive expertise and experience in the development and delivery of coaching and mentoring programs for women in a range of fields including management and STEM.

**CARDET** (CY) is a leading research and development centre with expertise in project design and implementation, capacity building, and e-learning among other areas. CARDET brings together an international team of experts with decades of global expertise and has completed numerous projects relating to the development of capacity building and planning in social justice, eLearning, educational technology and social integration.

**Obelisk** (BE) is a training and coaching company with 20 years of experience in advising organisations and individuals through change and development, focusing on the coordination and follow up of development and training paths. Obelisk has worked with a variety of organisations: government institutions, banks, universities, SME's, etc.

**VAMK** (FI) is a University of Applied Sciences situated in Vaasa, Finland. VAMK provides high level theoretical and practical oriented education in Finnish and in English. Our strengths are in energy technology and international business competence; we are also in close cooperation with Vaasa region's energy sector.



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