

Boo...Stress: Boosting the skills of youth to deal with stress at work

The Adaption and Policy Package is finished!

With the conclusion of the development of the Adaption and Policy Package, the last major output of BooStress project has been finished and published. The Package contains information and advice on the successful implementation of BooStress' online training resources and policy recommendations for stakeholders.

The first part on implementation of the training platform contains didactical and pedagogical advice on how to best integrate the BooStress Training Package into regular training activities and get the most out of the online resources BooStress developed.

It also contains information on the accreditation potential of BooStress training, based on the European Qualifications Framework (EQF), European Credit system for Vocational Education and Training (ECVET) and EU Quality Assurance in Vocational Education and Training (EQAVET). More extensive information on this can also be found in our output on BooStress Skills Assessment, Recognition and Validation Tools.

A second part is addressed specifically at stakeholders and decision-makers, which include especially training providers, employment-related counselling professionals, human resources staff, employers, etc. It contains recommendations for how to properly integrate BooStress resources into your training plan, your organisation's culture or how to get trainings on BooStress.

Training and Last Meeting in Cyprus

In the days from the 7th to the 9th of October, a transnational training was held by the BooStress partners in Cyprus, to familiarise participants with the tools developed during the project. During the three days of the training, methods and tools were presented and tested. Additionally, the participants also visited a local Psychosocial Empowerment Program "Mikri Arktos", which also works on addressing work-related stress and offered a short mindfulness exercise.

Additionally, project staff from all three partners met on the 10th to discuss the final stages of the project before conclusion of development at the end of the month and the final steps of dissemination.



BooStress holds its Final Conference

On the 11th of October the final BooStress Conference was held in Nicosia, where the project was presented to the public. Stakeholders and other interested people gathered to be informed about the project. After a general introduction to BooStress and its results, people were given the opportunity to participate in one of several workshops to experience specific aspects of stress management.



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In autumn 2019, a series of BooStress seminars will take place in Cyprus, Ireland and Spain. For more information, visit our website on www.boostress.eu and for regular updates follow us on social media:



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