

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

### The BooStress eLearning platform is now available in English!

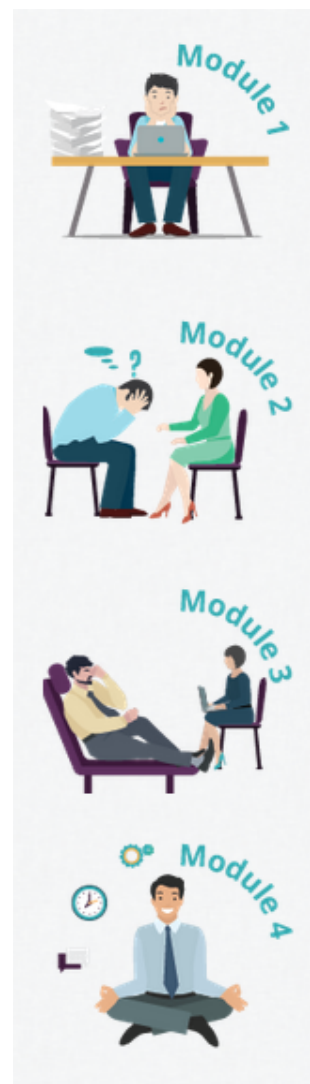
CARDET, Association Caminos and Future in Perspective are proud to announce that **the BooStress eLearning platform is now available in English**. Through the e-learning section, young professionals can access BooStress' full range of the online training material, including its online modules, and make full use of its interactive and collaborative tools.

The BooStress Online Training Course aims to **equip current and prospective young workers with stress management skills**, in the context of health and safety framework, and **build their capacity to address relevant challenges in their work environment**. It is composed of 4 online modules:

1. Identify stressors and assess associated risks for work-related stress
2. Understanding your stressors, developing coping strategies and identifying your training needs
3. Recognize the need for comprehensive approach to prevent or address work-related stress problems
4. Implementation of coping responses based on individual needs

The **total duration** of the 4 modules of the Training Course is equivalent to **20 hours** with additional **audio-visual and reading resources** equivalent to at least **40 hours**. The BooStress training package is based on **eLearning pedagogies**, work-based online learning, case studies, real market scenarios and collaboration. The full training course is in English and is available for **free**, while selected online material will also become available in **Greek and Spanish** by mid-summer 2019.

*Feel free to access the platform, join the blog and introduce yourselves, sharing your personal experiences & success stories in dealing with work-related stress, as well as your thoughts and feedback on the BooStress Training Course.*



[www.boostress.eu/en/e-learning](http://www.boostress.eu/en/e-learning)



## What's next?

In summer 2019, the partners will complete two additional outputs:

1. **BooStress Skills Assessment, Recognition and Validation Tools:** This Handbook will inform educators, trainers, HR professionals, managers and employers about available tools and resources that they can use to assess and validate the learning of young employees, from their organizations and businesses, who have completed the BooStress training package. The



tools that will be profiled include: European Qualifications Framework (EQF), European Credit system for Vocational Education and Training (ECVET), EU Quality Assurance in Vocational Education and Training (EQAVET), Europass and Youth Pass.

2. An **Adaptation and Policy Package** documenting the experiences and conclusions drawn, from the partners, through the project design and implementation. The Adaptation and Policy Package will act as a guide policymakers and stakeholders to mainstream the methods, practices and tools developed by BOOSTRESS in national and EU-level youth VET initiatives.



*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](http://www.boostress.eu) and for regular updates follow us on social media:*



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