



Introducing the Job Profile of a Manager for Work Well-being to Prevent and Combat Work-related Stress

JANUARY 2022

Newsletter



ABOUT WELLY

WELLY project is a response to the physical and psychosocial consequences of work environments, on employees. Therefore, developing a manager's profile qualified to act upon stress reduction in any workplace, is imperative. The project design foresees a competencies' mapping process, for the

successful choice and implementation of approach in work frameworks.

Consequently, the strategic partnership of WELLY intends to support managers with the integration of the identified competencies into their employees' management approach.

IO3: WORK WELL-BEING MANAGER TRAINING COURSE AND PILOTS

The successful completion of IO2, was succeeded by the launch of IO3 development. With the delivery of IO3, the consortium is aiming to produce a course to educate HR Managers in the role of a Work Well-Being Manager. In fact, the course deploys the application of specific measures and tools; self-experience stimulation; and, a wide range of HR management approaches, for a guaranteed holistic approach of wellbeing in the workplace.

On the other hand, the WELLY training course addresses professionals, whose educational background does not necessarily involve the acquisition of tertiary education degree. However, the product delivery is oriented towards professionals with any HR management experience, as well as entrepreneurs of small management companies. Therefore, its content topics are designed to be delivered in a comprehensible manner, without the requirement of previous thorough knowledge.

The curriculum design deploys measurable learning objectives, as defined by the professional profile, that can be achievable upon the course completion. Each module contains sub-modules that correspond to 16 learning outcomes and 10 professional tasks. In particular, the content is founded on specific professional tasks and procedures, as well as activities and skills' areas related to the Work Well-Being Manager profile.





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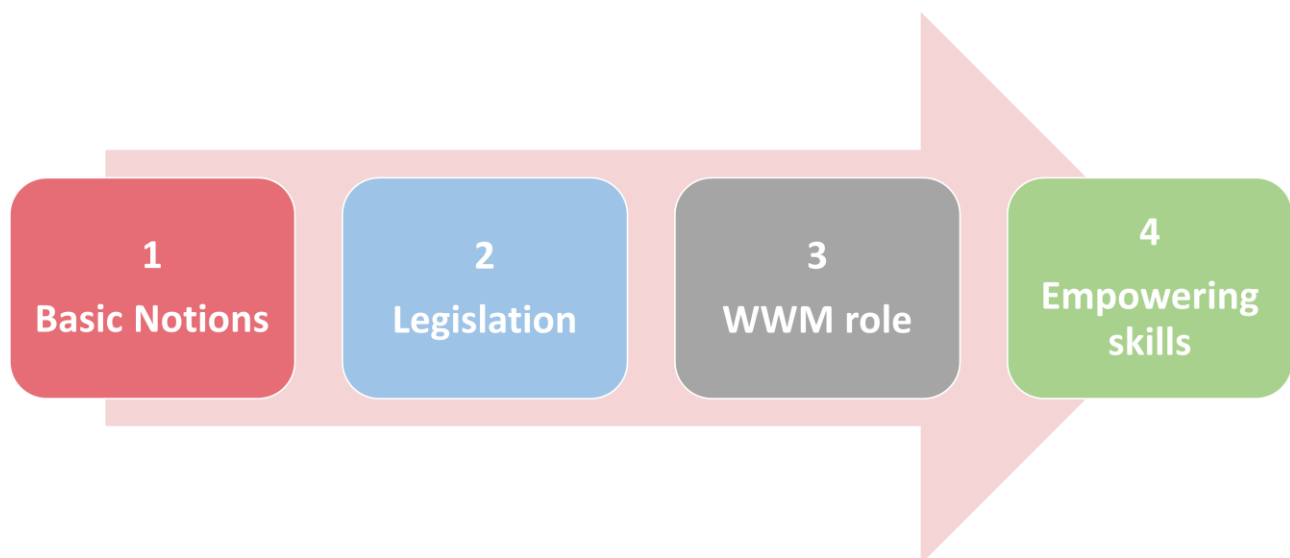


THE IMPORTANCE OF THE TRAINING CURRICULUM

The significance of the training curriculum lies on the following 3 reasons:

- It acknowledges that employees are the companies' greatest strength, and they are ought to be invested in.
- The curriculum encourages a proactive approach and outlines the significance of the managers' role in the reduction of stress problems.
- Finally, its content encompasses specific knowledge, skills, and competences that are necessary for the successful materialization of the Work Well-Being Manager's tasks.

The Trainees' Path





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Course Overview Table

Module 1: A healthy workplace	Unit 1.1: Notions of Industrial psychology & Sociology of organisations
	Unit 1.2: Promoting Health & Human Wellbeing in the workplace
	Unit 1.3: How to include occupational happiness in the organisation
	Unit 1.4: Best practices and case studies
Module 2: Legislation about the workplace	Unit 2.1: Greece
	Unit 2.2: Italy
	Unit 2.3: Portugal
	Unit 2.4: Slovenia
	Unit 2.5: Spain
Module 3: The Work Well-being Manager	Unit 3.1: Introduction to Health Organization Leadership, Management & Behaviour
	Unit 3.2: Well-being Coaching, Mentoring, Counselling & Behaviour Change
	Unit 3.3: How to implement well-being measures in the workplace
	Unit 3.4: Best practices and case studies
Module 4: Empowering skills for work well-being management	Unit 4.1: Effective communication for work well-being in the workplace
	Unit 4.2: Developing analytical and critical skills
	Unit 4.3: Relationship-building and emotional intelligence
	Unit 4.4: Andragogy: innovative approaches for adult learning



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THE 4TH TRANSNATIONAL MEETING

On September 8th and 9th, the project's 4th transnational meeting occurred in Larissa, Greece. Each partner had the opportunity to present their ideas for the WELLY Training Course development. In addition, they were introduced to the Athena platform, which will be hosting the course. The strategic partnership planned the upcoming project activities; and, the meeting concluded with the development of a solid basis for the project's materialization progress.





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Partners



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