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Coordinating institution:

SIGNA
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Project Partners:



IMOTEC



Mindfulness Sphere
against burnout



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Project duration: 31/12/2020 - 31/12/2021

Aims: avoid burnout of employees which can reduce productivity and may lead to total exhaustion and equip trainers, coaches in companies with tools and methods to be prepared to work on burnout with employees

Target group: people aged 27/30+, employees of corporations, coaches, trainers, psychologists, mindfulness institutions



Activities:

- 2 Transnational project meetings
- 3 Joint Staff Trainings in Poland, Lithuania and Slovenia
 - Innovative coaching methods
 - Wellbeing with mindfulness and self-therapy methods
 - Wellbeing by healthy lifestyle - sport, recreation and nature against burnout
- Brochure with good practices collected during the training
- Facebook profile of the project
- 3 dissemination events in Poland, Lithuania and Slovenia

