

NEWSLETTER **Issue 1**
Wednesday 26 July 2023



About the MENTOR+ project

MENTOR+ (Multidimensional and transversal well-being program for Teleworking) **is a two-year program (01/11/2022 – 31/10/2024), funded by the ERASMUS+ Programme of the European Union.** It aims to enhance the awareness and knowledge of employees on approaches to well-being in teleworking, focusing on the repercussions of social isolation on people's health at the psychological, physical, and nutritional levels.



The importance of MENTOR+

The COVID-19 pandemic has fastened the pace at which alternative working modalities, such as teleworking, are being adopted by organizations of different sectors in a context of social isolation. **The potential consequences in the labor market are now manifest, including risks of exacerbating pre-existing inequalities across countries, firms, and workers**, as well as low consideration to health and safety requirements to ensure workers' psycho-physical wellbeing while teleworking. Many organizations have rearranged their corporate management. However, the recently established teleworking modality poses pressing issues on those supporting mechanisms to allow individuals staying involved in professional life while enabling flexible health-related activities.

Our target groups

- ▶ Employees working in teleworking modalities which are in the need of support for dealing with the associated health risks.
- ▶ Employers that need to be supported in adapting corporate organization and management in order to grant health and safety of their employees.

The MENTOR+ Scoping Review

At the end of February, all partners prepared and delivered **scoping reviews describing the extent and implementation conditions of teleworking** in each participating country, with a focus on health and safety issues. Furthermore, based on the review synthesis, the Research Institute on Social Welfare Policy - POLIBIENESTAR created a consolidated report that highlights issues and identifies the target groups to which the program should be addressed.

Besides that, the review findings determined the content of the quantitative survey questionnaires as well as the guide for the focus discussion groups that took place in April in the individual countries participating in the program.

The MENTOR+ Focus groups

Focus groups (qualitative research) and surveys (quantitative research) per country were held in April with the participation of teleworkers from Italy, Spain, Greece, and Romania. **Our aim through the focus discussion groups was to identify the needs and preferences of teleworkers**, which will determine the content, format, and technical specifications of the training course that will be developed.

MENTOR+

OBJECTIVES

Raise awareness
about Occupational
Safety and Health
during teleworking

Promote healthier
habits during
teleworking

Develop a
comprehensive
Well-being
Programme



The kick off meeting of MENTOR+ took place in Trento, Italy, on 10-11 November 2022.

Representatives from all consortium members met at the **SOCIAL IT** headquarters and discussed in detail about the work packages of the project, organizational and financial issues.

July 2023:

The analysis of both the qualitative and quantitative research data concerning the individual countries has been completed by the partners. The Research Institute on Social Welfare Policy - POLIBIENESTAR compiled a consolidated report that captures the relevant findings from all countries.

Next steps:

► **The development of MENTOR+ learning modules and protocols is expected to be completed by the end of 2023.** At the same time, the **MENTOR+ APP will be developed**, with the content being translated into all partner languages and uploaded **by the end of March 2024.**

► **The training program's pilot application will take place in the first quarter of 2024,** where after pilot/final considerations on MENTOR+ will be evaluated and

necessary adjustments will be made until August 2024.

► **The impact analysis of MENTOR+ will start in the summer of 2024** and will be completed on October 24.

partners



Social IT, Italy - **Project coordinator**



The Research Institute on Social Welfare Policy- POLIBIENESTAR, Spain



Prolepsis Institute, Greece



AM.IC.A Società Cooperativa Sociale,
Italy

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Co-funded by
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