

MENTOR+

About the MENTOR+ project

The MENTOR+ (Multidimensional and transversal well-being program for Teleworking) project, which started two years ago, in 2022, is coming to an end. The project was funded by the ERASMUS+ Programme of the European Union with the aim to promote and improve the health and well-being of teleworkers.

Outputs

The MENTOR+ Well-Being Programme

The project has created a comprehensive Well-being Programme, applicable to different work settings, for self-leading physical, mental and nutritional health-related exercises.

The Programme includes innovative training courses regarding the well-being of the teleworker and their environment. It utilized a co-creation methodology, through which teleworkers from the consortium partner-countries, expressed their needs. They actively participated in the formulation of the contents and practical activities through focus groups and surveys that took place in Italy, Spain, and Greece.

The MENTOR+ Well-being Programme includes theoretical materials addressing the three priority areas of well-being for teleworkers, and materials for hands-on activities, such as **exercises for physical activity, and guided routines and instructions for the reinforcement of mental well-being, stress reduction, and the maintenance of a healthy lifestyle through proper nutrition.**



The MENTOR+ web app.

The project has developed an open-access app (MENTOR+ app) for teleworkers. This innovative web app collects all the formative contents of the Well-Being Programme that has been created by the consortium's multidisciplinary team of experts, presenting them in an easy-to-use format with personalized reminders and healthy tips during the working day.

The web app contains activities that can improve the mental, physical, and nutritional wellbeing of teleworkers.

01

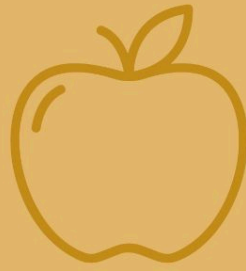
Physical Wellbeing



- Wellbeing in the work environment
 - The body and its structure
- Everyday movements: between workplace and private life
 - Physical education at home
 - Ergonomic Tips

02

Nutritional Wellbeing



- Introduction to healthy nutrition for teleworkers
 - Building a balanced plate
- Eating for brain health and cognitive function
- Barriers to healthy eating that teleworkers face
- Solutions & recommendations to adopt healthy eating habits

03

Mental Wellbeing



- The importance of wellbeing in the work environment
 - Stress and work-related stress
- Prevention and management of work-related stress
 - Emotional self-management techniques
 - Cognitive techniques

“Thanks to this application, we can now really benefit our body and our mental health, but above all, we can also have a very interesting and positive nutritional spin-off”.

Marco, freelancer

The MENTOR+ web app is available free of charge in **four languages** (English, Greek, Italian, Spanish)

**EXPLORE THE WEB APP FOR
TELEWORKERS HERE**

Multiplier events and final partners meeting in Trento

1-day multiplier events (online or in person) were organized in Italy, Spain, and Greece, in order to nationally disseminate and raise awareness on the project and its results. Info days served as a ground for discussion and exchange of ideas with teleworkers, OSH experts, as well as policy makers, and offered an opportunity to disseminate the acquired knowledge, and the MENTOR+ web app.



On September 26th, all partners gathered in Trento for the final meeting, where it was discussed the project's results and achievements, and issues related to the sustainability of the project and the continuity of exploitation of results.



**We are committed to continue promoting a
healthier and safer workplace!**

Partners



Social IT, Italy - **Project coordinator**



The Research Institute on Social
Welfare Policy- POLIBIENESTAR, Spain



AM.IC.A Società Cooperativa Sociale,
Italy

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