



News letter



PEACE AT WORK

PERSONAL EMPOWERMENT AND CARE ENHANCEMENT

An EU funded Adult education project between



About Us

Peace at Work is an international project aiming to improve well-being at the workplace. It brings together knowledge, digital tools, and real-life strategies to help individuals and organizations thrive in today's demanding work environments.

Why it matters

The project addresses the growing need for mental health support in professional settings. By focusing on stress prevention, empowerment, and healthy workplace culture, Peace at Work responds to modern challenges affecting employees across Europe.

Connecting personal well-being, workplace culture, and societal impact

2 Cocreation in Action

Between August and October 2025, partner organisations successfully organised national Panel Workshops in Lithuania, Czech Republic, and Greece. These workshops brought together:

- Adult educators
- HR professionals
- Trainers and facilitators
- Mental health and well-being experts

What we achieved together:

- Validated the findings from the Needs Analysis
- Identified key competences for well-being in adult education
- Co-designed the structure of the 15 Learning Units
- Explored effective and engaging delivery methods for online learning
- Collected valuable feedback

3 What's Next?

The project is now preparing for its next key milestone:

- Piloting of the PEACE platform and learning content (Summer 2026)

This phase will involve:

- Testing the usability of the platform
- Gathering feedback from users
- Improving content based on real experiences

The piloting phase is essential to ensure that the final results are both practical and impactful.

1 MOOC Development

The programme will include:

- 15 interactive Learning Units
- 10 real-life Case Studies
- Practical exercises and reflection tools
- Videos, podcasts, and expert insights

The training will focus on three interconnected levels:

Personal, Workplace and Societal



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