



News letter

2025 July



PEACEATWORK

PERSONAL EMPOWERMENT AND CARE ENHANCEMENT

An EU funded Adult education project between



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

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.

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Moving from Research to Training Design

During the past six months, the PEACE project has successfully transitioned from Research Phase - Needs Analysis into Training Programme Development.

Across Lithuania, Czech Republic and Greece, partners analysed:

- current wellbeing challenges faced by adult learners and workers
 - trainers' perspectives on burnout, emotional strain and digital overload
 - structural and societal stressors affecting learning participation
 - gaps in existing wellbeing programmes at individual, workplace and community levels
- These findings will be a basis for 15 Learning Units and 10 Case Studies being developed for the MOOC.

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Upcoming: Panel Workshops

Each partner will host a panel workshop with 10 national experts from Lithuania, Czech Republic and Greece (trainers, educators, HR professionals). The aim of those workshops is to validate research results, co-create the final structure of training materials, discuss methodology and delivery approaches, and collect feedback for refining the 15 Learning Units for the online platform.

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Partner Meeting in Greece

On May 23rd, 2025 representatives from Partner Organizations met in Patras, Greece in the office of Dafni Kek. This was the second management meeting to review the progress and start working on the content for the training programme which will be launched in 2026. Partner meetings are important milestone not only for the work progress, also for the wellbeing and motivation for distant work.



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