



...and I'm Feeling Good...

Exploring and Developing Meaningful Wellbeing experiences for Project Leaders in the working place!

An innovative training designed by



	Description
Introduction	The Greek term <i>Eu ζην</i> (eu zein) translates to "well-being" or "living well," emphasizing a balanced and fulfilling life. This concept remains highly relevant today, particularly in professional settings. Research shows that project managers often face stress and burnout in their workplace. Thus, it becomes necessary to foster healthy work environments more than ever. Prioritizing well-being can enhance resilience, productivity, and overall job satisfaction, benefiting both individuals and organizations.
Why this course? What are the needs addressed?	This course is designed to address the growing demands and pressures faced by project managers in a rapidly changing work environment. Research shows that the role of project managers, often characterized by tight deadlines, demand in creating always new and successful projects, time consuming bureaucracy, complex stakeholder relationships, and continuous problem-solving, poses significant challenges to mental health and work-life fit. By integrating evidence-based approaches to

	<p>wellbeing, this training provides tools to foster self-awareness, enhance resilience, and improve overall satisfaction in both professional and personal domains.</p> <p>What Are the Needs Addressed?</p> <ol style="list-style-type: none"> 1. Workplace Stress and Burnout: Managing the high-stakes nature of project delivery while avoiding physical and mental exhaustion. 2. Balance and Resilience: Equipping participants with strategies to balance professional responsibilities with personal growth and wellbeing. 3. Adaptability: Building the capacity to manage uncertainty and change effectively. 4. Leadership and Communication: Strengthening interpersonal skills to successfully handle team dynamics and conflicts. 5. Holistic Development: Providing a framework to align personal values with professional goals, fostering sustained engagement and reaching “work- life fit”.
<p>Learning objectives</p>	<ul style="list-style-type: none"> • Understand the psychological and systemic factors influencing wellbeing for project managers. • Develop actionable strategies and learn to use tools to integrate wellbeing practices into daily project management routines. • Enhance self-awareness through reflective and experiential exercises. • Cultivate skills to foster a culture of wellbeing within teams and organizations. • Get in touch and develop ways to reach the “work-life fit” approach • Support all the above within key scientific frameworks such as Positive Psychology, Appreciative Inquiry, Processwork, and Chaos Theory.
<p>Learning outcomes</p>	<ul style="list-style-type: none"> • Improved Self-Awareness. Participants will: <ul style="list-style-type: none"> ○ spot their strengths and build on them; ○ recognize their stress triggers and develop personalized strategies to manage them ○ explore personality characteristics such as “perfectionism” and “fixed mindsets” • Feasible Wellbeing Practices: Attendees will acquire effective tools, through individual and group exercises, to integrate mindfulness, resilience-building, and unshaming practices into their workdays. • Stronger Team Dynamics: Participants will demonstrate improved communication, solidarity and leadership skills, fostering a healthier team environment. • Enhanced Problem-Solving: By applying principles from chaos theory, participants will approach complex challenges with greater creativity and adaptability. • Long-Term Benefits: Attendees will leave equipped to make sustainable changes that positively impact their careers and personal lives.

Target group/s	<ul style="list-style-type: none"> • Any professional leading sets of coordinated activities and human resources • Project managers in different work environments • EU project managers • School leaders
Methodological framework	<p>Methodological Framework for Wellbeing Training for Project Managers</p> <p>Framework Overview</p> <p>This training employs a holistic, experiential approach grounded in psychological, organizational, and systemic theories to address wellbeing in professional contexts. The framework integrates theoretical knowledge, reflective practices, and actionable tools. Methods include experiential learning, group activities, and reflective dialogue to promote engagement and long-term impact.</p> <hr/> <p>Content and Topics</p> <p>Day 1: Opening, team building and getting to know activities Introduction to Wellbeing in Project Management</p> <ul style="list-style-type: none"> • Key Focus: clarify our current position, define expectations, and establish a working agreement among participants • Understanding wellbeing and its relevance for project managers. • Topics: <ul style="list-style-type: none"> ○ Definition and dimensions of wellbeing ○ Current challenges for project managers ○ Discovering strengths and successes. <hr/> <p>Day 2: Managing Stress and Complexity</p> <ul style="list-style-type: none"> • Key Focus: Recognizing major workplace stressors and assessing your current coping strategies while developing resilience and adaptability. • Topics <ul style="list-style-type: none"> ○ Embracing uncertainty through Chaos Theory. ○ Overcoming internalized criticism through David Bedrick’s “Unshaming” approach ○ Developing effective stress management techniques. <hr/> <p>Day 3: Building Healthy Relationships at Work</p> <ul style="list-style-type: none"> • Key Focus: Interaction and collaboration skills, team work, collaboration, and conflict management. • Topics:

	<ul style="list-style-type: none"> ○ Dynamics of roles and interactions through ProcessWork methodology. ○ Enhancing team relationships through Appreciative enquiry ○ Emotional intelligence in leadership. <hr/> <p>Day 4: Aligning personal and professional goals</p> <ul style="list-style-type: none"> ● Key Focus: Exploring strategies to achieve a balanced work-life integration. ● Topics: <ul style="list-style-type: none"> ○ Aligning values with professional responsibilities. ○ Mindfulness and self-awareness in decision-making. ○ Incorporating wellbeing at the individual, team, and organizational levels. <hr/> <p>Day 5: Cultivating Long-Term Wellbeing</p> <ul style="list-style-type: none"> ● Key Focus: Sustainable wellbeing practices in individual and collaborative professional life ● Topics: <ul style="list-style-type: none"> ○ Positive habits for mental, emotional, and physical health. ○ Practical activity in leading with authenticity and fostering team wellbeing in meetings ○ Feasible principles of successful networking <hr/> <p>Day 6: Integration and Closing</p> <ul style="list-style-type: none"> ● Key Focus: Applying knowledge and sustaining change. ● Topics: <ul style="list-style-type: none"> ○ Revisiting core principles and integrating insights. ○ Sharing commitments to change and follow up ○ Training evaluation and feedback ○ Certificates and farewell
Timing	<ul style="list-style-type: none"> ● 1st – 5th day: 9:00 – 14:00 ● 6th day: 9:00 – 11:30
Dates and locations	<p>First edition: 30.06.2025-05.07.2025 Second edition: 06.10.2025-11.10.2025</p> <p>Hydra Island in Greece</p> <ul style="list-style-type: none"> ● https://www.hydra.gr/mobile/en-index.html
Trainers	<p>Aimilia Markouizou Gkika: psychologist & psychotherapist, trainer</p> <p>Alessandro Carbone: senior project manager & trainer</p>

Extra social activities	<p>Offered by the organising hosts:</p> <ul style="list-style-type: none"> • At day 3: guided walking tour of Hydra • At day 5: boat tour with aperitif at the sunset • At day 6: Aperitif at swimming pool (TBC) <p>Social dinner following the aperitif will take place on the evening of day 6 at participants' cost.</p>
Certification	<ul style="list-style-type: none"> • Certificate of attendance • Europass Digital Credentials, upon passing the final test (optional)
Cost	<p>The cost of the training for the entire period is € 560 (includes training material)</p> <p>Travelling, Accommodation, Food, and any other cost are to be covered by participants.</p> <p><u>For professionals working in organisations (schools, NGO's, training centres, etc) that have an accreditation for Erasmus + mobility, the cost of training, travelling, and full accommodation can be covered by the EU program.</u></p> <p>Discounts: for participants that register and pay using one of the codes, they will get 10% discount. Codes will be provided in time by:</p> <ul style="list-style-type: none"> • Academy of entrepreneurship • InnoEUsphere • Euro Nordic Funding Alliance