



Project news May 2010

Further education pays attention to health

Focus „Health“ in the EU projects from *die Berater*[®]

(Vienna) Promotion and preservation of health at the working place is an important part in responsible personnel policy. This theme should be also included in further education activities for making the participants aware of health issues and a healthy lifestyle. This approach is put into practice in the EU projects „Health Box – Integration of Health Issues in Adult Education“ and „BOIT – Burnout Intervention strategies for Managers and Team Leaders“ by *die Berater*[®] Unternehmensberatungs GmbH.

Further on there are persons, who have a difficult access to education due to health problems. The EU project „EduCoRe – Educational Counselling during Rehabilitation“ deals with this special target group.

Health Box – Integration of health issues in adult education. Adults who are socio-economically disadvantaged, with a low level of education and those with a migration background belong to the groups of adults most at risk of acquiring a physical or mental lifestyle disease. These adults are less likely to participate in traditional health education or to be reached by health information campaigns. The transnational EU project Health Box, coordinated by *die Berater*[®] addresses exactly this problem. “Adult educators who work with the final beneficiaries of this project in different contexts need to be made aware of health issues. The learning and training materials of the Health Box shall be integrated in classes on subjects other than health”, explains Mag. Dr. Elisabeth Frankus, EU project manager from *die Berater*[®] and responsible for the three projects Health Box, BOIT and EduCoRe. The Health Box project aims at adult educators working with the target groups, decision-makers and multipliers in adult education, government, social and labour market organisations, umbrella associations and networks in adult education at National and European level and the public at large. “With the help of the project attitudes, knowledge and skills related to prevent lifestyle diseases get promoted. Through this healthy lifestyle habits among the participants shall be enhanced”, says Frankus. The project is conducted with partners from Germany, Denmark, Italy, Rumania and Finland. Further information can be found here: www.healthbox.eu.

BOIT – Burnout Intervention Training for Managers and Team Leaders. The European Working Conditions Survey highlighted that occupational illnesses associated with psychological stress are on the rise throughout the EU member states. The BOIT project deals with the burnout syndrome - an occupational disease which is characterized by emotional, mental and physical exhaustion. Burnout is a phenomenon which does not appear all of a sudden but develops slowly and gradually. This is exactly on which the EU project BOIT, which is coordinated by *die Berater*[®] and conducted together



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with partners from Austria, Germany, Denmark, United Kingdom, Italy and Rumania sets its focus. The aim of this project is to sensitize managers for the subject burnout in order to prevent working situations that can lead to burnout. "Managers and team leaders get trained to recognize burnout signals among their staff at an early stage and how to react on it. They get to know strategies aiming at interfering the Burnout process in a blended learning training" says Elisabeth Frankus, the project coordinator. With the help of these strategies further positive sustain effects will be achieved which will have business success. Sick leavers (costs) and personnel turnover as well as unemployment rate caused by burnout can get reduced. Further information can be found here: www.burnoutintervention.eu.

EduCoRe – Educational Counselling during Rehabilitation. The EduCoRe project builds on the experience gathered in the Grundtvig project eHospital (www.ehospital-project.net) which was honoured by the state award for adult education. EduCoRe deals with patients who after an accident or illness suffer from physical and/or mental restrictions that threaten their employability and participation in society. These patients get in the phase of medical rehabilitation with the help of the EduCoRe project access to educational and vocational training and counselling. It will be supported by e-learning and e-counselling elements which are tailor made according to the patients' needs and the given circumstances in the medical rehabilitation centre. EduCoRe addresses trainers, programme developers and managers of adult education institutions, staff in career and educational counselling agencies, rehabilitation centres and the bodies which finance and maintain them, authorities, social security and insurance organisations, and other actors in the health sector, researchers on education, counselling and e-learning. "Our offer supports the patients to make thoroughly reflected career decisions. Furthermore those personal and social competences which are necessary to put their professional and educational decisions into practice will be strengthened", elucidated Frankus. The counselling approach and the blended learning material have been tested in 5 participating countries. All results will be documented in a „Good Practice Brochure“.

Further information can be found here www.rehab-counselling.eu.

die Berater[®] is a private company founded by Mag. Martin Röhsner in 1998 and employs around 550 staff who work in more than 60 locations all over Austria. It was expanded to Slovakia in 2009. Around 23.000 people participate at *die Berater*[®] per year. Hence *die Berater*[®] Unternehmensberatungs GesmbH rank to the biggest adult education institutions in Austria.

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