

MENTOR+ AIMS TO PROMOTE AND IMPROVE THE HEALTH AND WELL-BEING OF TELEWORKERS THROUGH NEW AND FLEXIBLE FORMS OF LEARNING, TAKING INTO ACCOUNT THE PRIORITY AREAS OF PHYSICAL, MENTAL, AND NUTRITIONAL HEALTH WHEN WORKING REMOTELY.

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MULTIDIMENSIONAL AND TRANSVERSAL WELL-BEING PROGRAM FOR TELE-WORKING



BACKGROUND INFORMATION

As a result of the COVID-19 pandemic, teleworking has become more prevalent globally, and in various different sectors of work, posing risks of aggravating pre-existing inequalities in the workforce population and overlooking health and safety requirements that ensure workers' psychophysical wellbeing while working remotely.

The MENTOR+ goal is to reduce the risks to employees' psychophysical health and dietary habits associated with teleworking, thereby improving their well-being. This is achieved through the provision of a comprehensive educational programme, built on the needs of the working population and designed to provide the teleworker with information and tools for a healthier experience of remote work.

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TARGET GROUPS

- Employees working in teleworking modalities who are in need of support in dealing with the associated health risks.
- Employers that need to be supported in adapting corporate strategies and management tools in order to ensure the health and safety of their employees.

OBJECTIVES

- Promote healthier habits during teleworking.
- Raise awareness about Occupational Safety and Health by facilitating uptake of improved healthy habits concerning physical, mental and nutritional well-being.
- Develop a comprehensive and educational Well-being Programme with a transversal impact on different working settings for self-leading physical, mental and nutritional health-related exercises.
- Promote the integration of MENTOR+ approach into the daily activities of current workplaces.
- Empower teleworking employees with knowledge and tools to maintain good health and well-being while working remotely.

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 and actively participated in the formulation of the contents and practical activities.

It 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 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.

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

mentorplusapp.eu

