

Newsletter No. 3.

The project under the title **SPAT** (Stress Prevention Activities Training) is being implemented during the period 2009-2011 within the framework of the Leonardo Programme of the EU's Lifelong Learning Programme. The main objective of the project is the efficient assessment of stress, as well as the prevention and management of work-related stress and the stress experienced by the participants of training courses.

During the first year of the project a survey was carried out concerning the situation of work-related stress in the case of SME managers and employees; conclusions of the survey have been taken into account when we adapted the already available training materials. A training course was organised for those who will later act as trainers in training courses dealing with the prevention and management of work-related stress.

Currently a **pilot training course is being organised for managers and senior officers of SMEs**, during the 2-day training course participants will have the opportunity to acquire knowledge on how to develop their ability to recognise stress, on the identification of the actual risk factors, as well as on the potential ways and means of the management and prevention of stress.

We kindly invite those who are interested to participate in the courses to be held, respectively

in Hungary on 16-17 June 2011, **in Kecskemét**

venue: Bács-Kiskun Chamber of Agriculture

in Bulgaria on 9-10 June 2011, **in Varna**

venue: Technical University

in the Slovak Republic on 4-5 August 2011, **in Košická Bela**

venue: Hotel Dam.

The training consists of a theoretical and a practical part, the learning material including a CD appendix, as well as case studies and role-play games will be provided for the participants.

The accreditation of the training course has been successfully completed in Hungary.

We do trust that we were able to arouse your interest! Should you have any further questions, please, do not hesitate to contact us!

At the same time we would be very much interested in learning about your experiences: which are – in your opinion – the 3 main factors that cause stress at your working place!

Contact details are to be found on our website:

<http://www.stress-management.hu>

or you can contact us through the following e-mail addresses / phone numbers:

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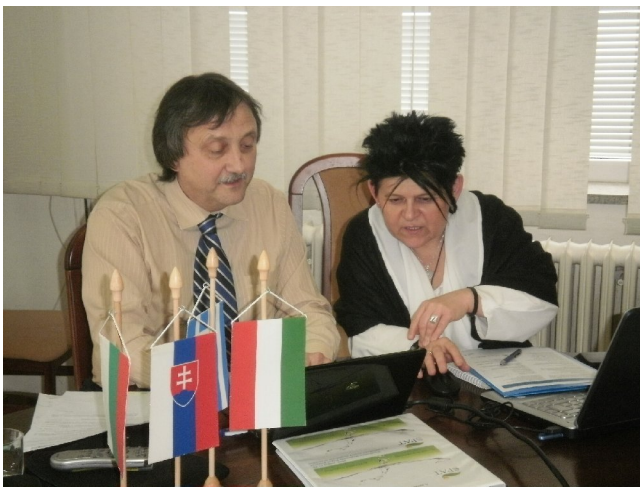
We look forward to receiving your Registration Form!

May we wish you a pleasant time and a both stress-free and enjoyable work!

The training courses are free of charge!

Project meeting No.3. – Kosice

In the course of the project implementation meetings are held on a regular basis, once in every half-year, where we take an overview on the progress of the project, and discuss the tasks ahead of us, as well as evaluate the achievements of the work so far.



Bilateral discussion of the Bulgarian-Hungarian parties

The last meeting was held on 10-11 March 2011, in Kosice, at the Technical University. One of our most important tasks at the meeting was to discuss and finalise the multimedia CD appendix of the learning material. Trebag CoLtd., in its capacity as the partner in charge of this task, delivered a presentation on the draft multimedia material meant to be the supplement of two chapters of the handbook. We discussed and agreed in the major characteristics of the CDs to be provided through which we can make sure that the CDs will be of the same quality and can be easily used in each of the participating countries.

The next project meeting is to be held on 21-23 June 2011, in Greece. Apart from the usual agenda of such a meeting we are going to attend a professional Conference, too.

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The Closing Conference of the project is to be held on 13 September 2011, in Kecskemét, Hungary. Details of the agenda and the practical information concerning this meeting will be provided in the next Newsletter.

Kindest regards,

The members of the SPAT team

