



1st Newsletter: The Path to Public Sector Mindfulness

July 2018

<http://mindfulmanager.eu/>



The Mindful Managers project

Work-related stress is among the most commonly reported causes of work-related illness, affecting more than 40 million people across the EU. While employment has many benefits for our physical and mental health, the pace and nature of work is changing, leading to extra pressures on mental health and well-being. Partners in the UK, Belgium, Cyprus and Finland have gathered to develop a new training programme supporting public sector managers in dealing with these pressures.

The Mindful Managers project, which is funded by the Erasmus+ Programme of the EU, aims:

- to **destigmatis**e the discussion around mental health at work; and
- to give managers **tools and resources** to actively support positive wellbeing at work for themselves and their teams.





What have we been up to?

In October 2017 partners met in Sheffield, UK for the first time to discuss the project's activities and goals, officially launching this unique project. Partners then went on to conduct a broad analysis of the training needs of public sector managers by gathering information via desk research, focus groups and in-depth interviews.

Things we've learned:

- Managers perceive their work as **challenging**;
- Managers are facing a heavily **increasing workload**;
- Recent **economic downturn** & changes in working life have had a major negative impact on wellbeing.

You can read the [full report](#) on our website!



In July 2018 partners met for the second time in Leuven, Belgium to discuss the development of the **Mindful Managers Training Programme**, which will:

- specifically target public sector managers;
- increase mindfulness through practical tips & techniques;
- strengthen time management skills;
- improve wellbeing at work; and
- cover a whole array of other soft skills, such as communication, self-awareness and resilience.

Follow us on [social media](#) to stay updated about project progress and upcoming event dates!





A first tip – Gratitude exercise

Studies show that practicing and experiencing gratitude **boosts feelings of satisfaction, strengthens our relationships and drives us to help others**. Despite these benefits, we aren't always able to express gratitude; sometimes because we're too busy, other times because negative feelings overshadow the good in our lives.

Therefore we would like to challenge you: When you come home from work, identify 3 things that you are grateful for on that day and write them down with the date. This can be as small as posting a Facebook update or as big as reaching a major deadline. It does not have to be work-related.

When you practise this exercise for a longer period, you will notice that you feel more positive in general.



Partners

Inova Consultancy Ltd (UK) provides specialist consultancy services in the areas of diversity, equal opportunities and entrepreneurship. Inova has extensive expertise and experience in the development and delivery of coaching and mentoring programs for women in a range of fields including management and STEM.

CARDET (CY) is a leading research and development centre with expertise in project design and implementation, capacity building, and e-learning among other areas. CARDET brings together an international team of experts with decades of global expertise and has completed numerous projects relating to the development of capacity building and planning in social justice, eLearning, educational technology and social integration.

Obelisk (BE) is a training and coaching company with 20 years of experience in advising organisations and individuals through change and development, focusing on the coordination and follow up of development and training paths. Obelisk has worked with a variety of organisations: government institutions, banks, universities, SME's, etc.

VAMK (FI) is a University of Applied Sciences situated in Vaasa, Finland. VAMK provides high level theoretical and practical oriented education in Finnish and in English. Our strengths are in energy technology and international business competence; we are also in close cooperation with Vaasa region's energy sector.

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