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## Project News

Juni 2010

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### >> **BOIT - Burnout Intervention Training for Managers and Team Leaders** and **Health Box – Integration of Health issues in Adult Education: two new EU project websites launched by die Berater®**

Two innovative EU projects, coordinated by *die Berater®* and financed by the European Commission's Lifelong Learning programme, have gone online:

**[www.burnoutintervention.eu](http://www.burnoutintervention.eu)** is the website of **BOIT – Burnout Intervention Training for Managers and Team Leaders**. The project develops a Burnout Intervention Training for Managers and Team Leaders aiming at preventing working situations with burnout risk.

**[www.healthbox.eu](http://www.healthbox.eu)** has been produced by partnership of the project **Health Box – Integration of Health Issues into Adult education**. It develops a Health box containing teaching and training materials on the prevention of lifestyle diseases.

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### >> **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 addresses a specific mental health syndrome characterized by emotional, mental and physical exhaustion: the burnout syndrome.

Burnout is a phenomenon which does not appear all of a sudden but develops slowly and gradually.

The aim of the **BOIT** project is to prevent working situations that promote burnout, and to enable managers and team leaders to recognize the burnout signals among their staff at an early stage. Furthermore this target group learns to define strategies for intercepting the burnout process in the course of a blended learning training.

Additional to these short term aims BOIT will in the long term decrease

- > sick leavers (costs) caused by burnout
- > personnel turnover caused by burnout
- > the unemployment rate caused by burnout

The training methodology used in the project will be blended, mixing face to face workshops and e-learning content. This also allows managers and team leaders to follow the training in an easy and effective way.

**[www.burnoutintervention.eu](http://www.burnoutintervention.eu)**

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## >>Health Box – Integration of Health Issues into 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. A strategy designed to help them to acquire a healthier lifestyle and thus prevent illness must seek to address where these adults may be reached rather than expecting them to seek out health education seminars.

Adult educators who work with the final beneficiaries of this project in different contexts need to be made aware of health issues and be provided with ready-to use training materials for health promotion which they can be easily integrate in classes on subjects other than health.

The project **Health Box** promotes knowledge, attitudes and skills related to prevent lifestyle diseases and thus enhancing healthy lifestyle habits among socio-economically disadvantaged adults, migrants and adults with a low level of education who are the final beneficiaries of the Health Box project.

[www.healthbox.eu](http://www.healthbox.eu)

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