

Newsletter n3

# POSITIVE ACADEMY

December 2023



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## Positive Academy e-kit. An innovative holistic educational approach for the MHPS AND VET providers

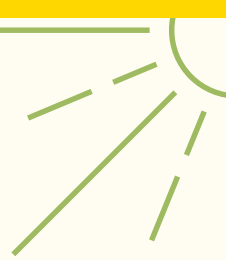
Positive Academy is a pioneering program that provides a holistic approach aiming to build and enhance MHPs and VETs resilience by taking advantage of Positive Psychology's research findings, Positive Counseling, Psychoeducation Techniques and Digital Technologies.

Having completed preliminary research on the major issues and implications regarding resilience, Positive Academy partners have moved on to designing and delivering a training program for Mental Health Professionals (MHPs) and VET Providers who work with MHPs, consisting of innovative exercises based on positive psychology principles.



The program is composed of seven training modules that focus on different aspects of resilience cultivation with the aim to enhance MHPs' skills to tackle (confront) the psychologically challenging world. More specifically these modules are:





1. Positive Emotions & Savoring (how to recognize, express, and elicit positive emotions through ways to savor positive events in their work and life)
2. Positive relationships (build positive relationships through positive communication, gratitude, social support, and forgiveness)
3. Character Strengths (recognize and use character strengths in new ways to overcome adversities)
4. Self-compassion (cultivate ways to learn how to become kind to one's self, to reduce self-criticism, and to cope with professional and personal challenges)
5. Meaning & Purpose (discover positive meaning through confronting the challenges of professional lives)
6. Mindfulness & Eustress Mindset (self-regulation and mindfulness techniques to a positive response to professional stressors)
7. Setting Boundaries-Time and Stress Management

Each module contains 7-8 activities that encompass experiential and reflective learning techniques based on positive psychology and psychoeducation. The activities are: a) individually-based, b) dyad-based, to be practiced with a colleague, a supervisor, or a friend/partner) and c) community-based to be practiced at a group level, e.g., at the community, with the treatment personnel, with the therapeutic group, etc.

The training materials are available on the Positive Academy Digital Learning Platform in the form of an e-kit.

Starting from November 2023, the training program will be tested with stakeholders in the partner countries. Each Positive Academy partner will train 25 participants through National Webinars.



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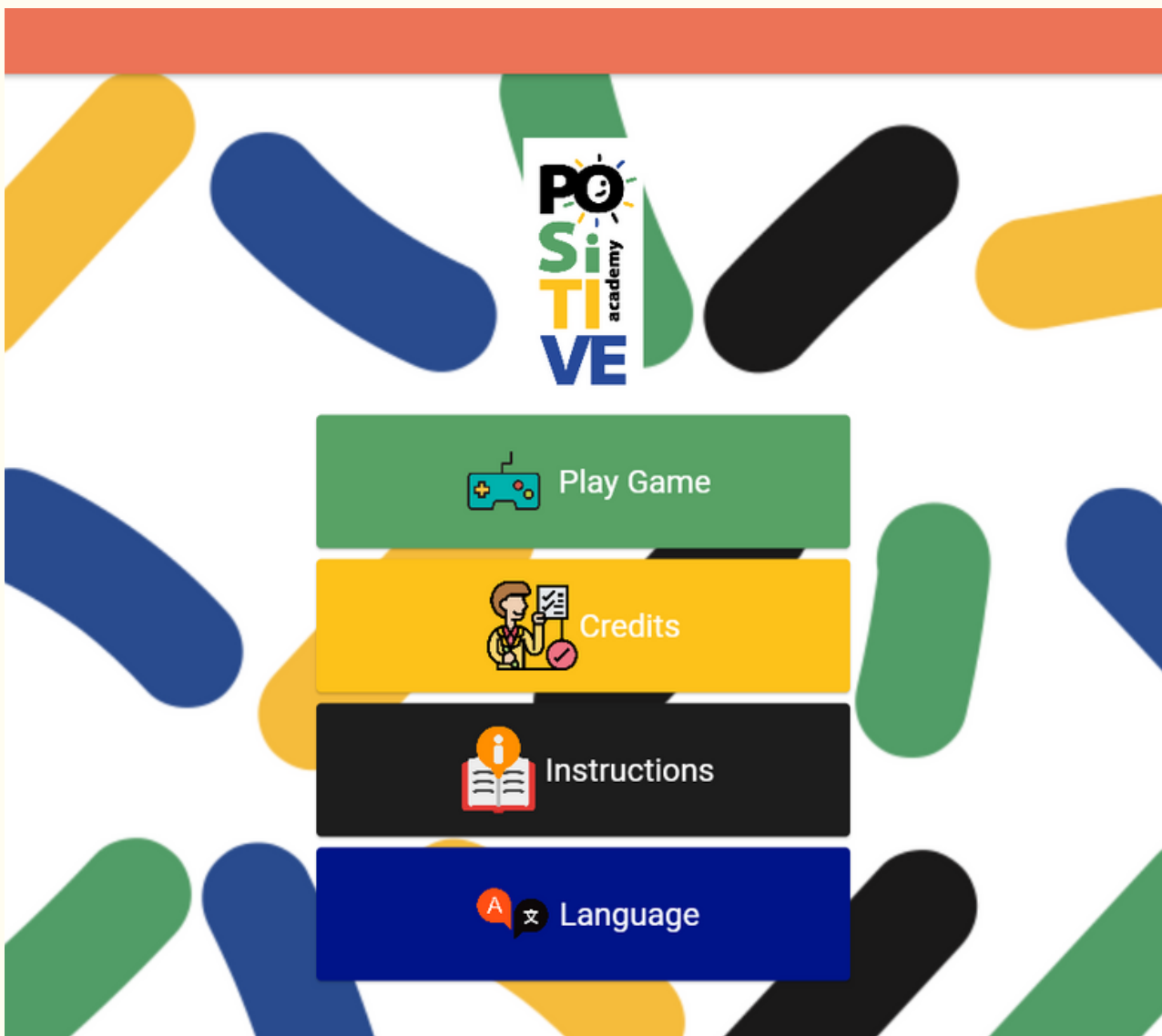
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## Positive Academy serious game. A tool to enhance learning

Games are a fundamental aspect of human culture and society, providing structured and entertaining experiences that promote motivation and engagement. Because of their engaging and motivational nature, games and the mechanics of gaming have been widely used in various social and educational contexts, such as primary and secondary school education, adult and higher education, healthcare and fitness, the workplace and consumer behavior.





## What makes a game serious?

Certainly its purpose. Serious games are those designed and developed with the intention to help the players achieve a learning goal beyond the mere entertainment.

Positive Academy project aims to rely on this tool to enhance soft skills and resilience training and development, designing a serious game useful for MHP and VET. Our vision is that soft skills can be learned and developed based on real life experience, interaction and reflection on constructive feedbacks.

A powerful tool that is particularly suited to experiential learning is role-play, moving the learning experience from an impersonal and notional form into an interactive and participative dimension. Furthermore, the learning experience deriving from digital role-plays in e-learning environments potentially includes two dimensions: the interactive one and the reflective one.

Based on the above, Positive Academy project team has designed and developed a serious game based on experiential learning and role-play features.

The Positive Academy serious game develops as a typical daily routine of a MHP. The user is guided to identify as a Mental Health Professional facing real life challenges.

The game experience is composed of multiple scenarios. In each of them, the learner will have the opportunity to choose one out of four possible solutions to a challenging situation. This kind of experience is meant to involve the reflective dimension, helping the learner to apply the information learned to real life situations.

This is why we consider this tool as a fundamental part for the learning process to succeed, specifically because the learning output involves mainly soft skills and resilience and consequentially behavioral dimensions.



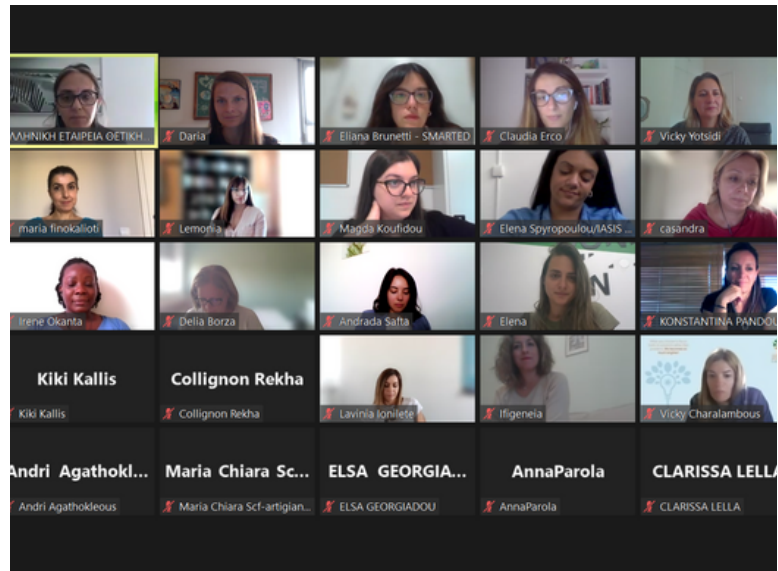




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## Transactional Joint Training Webinar

On the 12th and 13th of October, we held a Transnational Joint Training Webinar during which 28 professionals had the chance to familiarize with and test the training tools developed within the Positive Academy project. These professionals will support the Positive Academy project partners in the delivery of the National Training Webinars for Mental Health Professionals in all partner countries over the next months.



We invite all the professionals serving in the area of mental health -interested in enhancing their resilience, knowledge, skills and resources from the scope of Positive Psychology and its applications in adult education- to [contact us](#) and join us for the National Webinars.



Professional tool to prevent stress and burn out

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