

2nd Newsletter

December, 2023



SwitchOff

Supporting worker's well being during remote work

Project No: 2022-1-PL01-KA220-VET-000085734

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the National Agency (NA). Neither the European Union nor NA can be held responsible for them.

Dear SwitchOff Project Supporters,

We are excited to bring you the latest developments and achievements from the SwitchOff project, covering the period from July to December. Your continued interest and support have been instrumental in our progress.

Our collaborative journey continued with monthly online meetings among project partners. These discussions focused on various work packages and upcoming activities. The valuable insights shared during these meetings have played a crucial role in shaping the direction of our project.



We are proud to announce the successful development and finalization of the Step-by-Step SwitchOff Toolkit. This comprehensive resource addresses the effective use of digital technologies and other practices, providing employees with the tools to disconnect from work during non-working hours. The toolkit represents a significant stride towards cultivating a healthier work-life balance. You can check the Toolkit on the following link;

https://switchoffthework.eu/wpcontent/uploads/2023/11/WP2_SwitchOff-Toolkit_241123_sk.pdf

2nd Newsletter

December, 2023



SwitchOff

Supporting worker's well being
during remote work

Project No: 2022-1-PL01-KA220-VET-000085734

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the National Agency (NA). Neither the European Union nor NA can be held responsible for them.

Our committed partners have embarked on the development of a Training Programme for HR Professionals and managers. Simultaneously, work is underway on an e-Learning platform focusing on best practices, policies, and procedures. These initiatives aim to empower managers and HR professionals to support their workforce in disconnecting from work at the end of the day.

In addition to our project updates, our partners have been sharing interesting articles on social media, shedding light on the right to disconnect from work. These pieces aim to raise awareness on European regulations and policies concerning employees' rights after working hours.

Thank you for your unwavering support in the SwitchOff project. Together, we are making significant strides towards creating a more balanced and sustainable work environment.

Best Regards,
Switchoffthework Team



Follow us and stay tuned!



<https://switchoffthework.eu/>



<https://www.facebook.com/switchoffthework>



<https://www.instagram.com/switchoffthework>



contact@switchoffthework.eu



www.linkedin.com/in/switchoff-the-work-2a9156262