



Target Groups



Mentors, Trainers,
HR of Companies



Young, working age
people (members of
Generation Y and Z) in
their 20s and 30s



About PROUD

The PROUD project is designed to address the emerging challenges adults face in the digital era job market, influenced by pandemic-induced structural changes. It targets young adults from Generation Y and Z, prioritizing their specific work-related needs and overall wellbeing.

Objectives behind PROUD Project

Bring an **innovative new approach** to organization's HR management.

Boost resilience and **prevention** of today's most common work-related health problems of Gen Y& Z

Reinforce individual well-being and **professional excellence** of working youth by the mentor program.

Support the new generations in achieving **sustainable work satisfaction and excellence**.

Expected Results

Mentor's Guide: A guide for mentors/trainers/HR of companies on professional skills development which contains theory and exercises adapted to Gen Z & Y needs.

Map of mental welfare in the workplace: An eye-catching, easy-to-use diagnostic tool for mentors.

Mind-balance kit: a material on sustainable and mindful self-management in a workbook style for Gen Y & Z

Follow us to learn more!!

 Professional aid 4 young workers facing diverse challenges at work

 <https://proudproject.eu/>



ASSOCIATION
FOR INNOVATION
AND DEVELOPMENT





2 Transnational Project Meetings



1. Budapest, Hungary

In January 2023 the partnership met for the first time to exchange ideas on the optimal implementation of the project's activities

2. Limassol, Cyprus

In June 2023, the partnership presented the training material for our course on *Mentor's Guide* and worked on the development of the *Map of mental welfare* and *Mind-balance kit*. Our E-learning course is almost ready! Stay tuned to learn more!

Mentor's Guide

We are happy to announce that we are almost ready to publish our Guide addressed to mentors, trainers and HR managers, containing useful theory, best practices, exercises and quizzes concerning difficulties that Generation Y and Z face in their workplace.

Our Guide consist of five chapters:

- *Problem Solving*
- *Communication*
- *Time Management*
- *Decision Making*
- *Resilience*



During the second meeting we also focused on raising environmental awareness, which is an integral part of our aims and objectives.



The partnership shares a green approach and ambition as we strongly believe that environmental awareness can have a significant impact on work wellbeing. This can be done by promoting a sense of purpose, improving physical and mental health, and fostering a positive work environment.



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