



Target Groups



Mentors, Trainers,
HR of Companies



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



About PROUD

We are so thrilled and PROUD to announce that two of our tools “Mentor’s Guide” and “Map of Mental welfare” have been successfully completed and will be available soon online!

Map of Mental Welfare

An online Informative Booklet for Mentors

This Tool aims to provide a visually striking diagnostic tool designed for mentors to identify the most prevalent mental health issues in the workplace.

The Map is intended to enhance the capacity to detect early symptoms and triggers associated with common mental health problems in a work environment.

This initiative seeks to equip mentors with a valuable resource to proactively address and support mental well-being in the workplace.

Content

Mentoring and well-being for Young Employees

Occupational Burnout

Depression

Social Isolation

Anxiety

Workaholism



Follow us to learn more!!



Professional aid 4 young workers facing diverse
challenges at work



<https://proudproject.eu/>



astrA

ASSOCIATION
FOR INNOVATION
AND DEVELOPMENT



idec



WEOPLE

TRÉBAG

Szellemi tulajdon- és Projektmenedzser Kft.



Training in Cascais

Cascais, Portugal



During the **Training Activity** in Cascais two trainers per Organization worked on the evaluation of **Mentor's Guide, Map of Mental Welfare and Mind Balance Kit**.

Mind Balance Kit

This Kit is a workbook addressing the young workforce, designed to prevent Burnout and Depression with the use of **theory, exercises, tips** and **techniques** in order to build Mindfulness, Resilience, Positiveness, Coaching Principles etc.

Mind Balance Kit aims to improve Gen Z & Y **career skills** and self **management**.

Content

Self-Management

Meaningful relations

Self-care

Career Satisfaction

Spiritual Empowerment

Digital wellbeing

Because we want to be part of the solution!

Regarding our green approach the partnership once again walked on the "green" side:

With care on the environmental awareness of Gen Z & Y, which is reflected on our developed materials

Use of public transport and support of the local products and markets

Visit the stunning Sintra-Cascais Natural Park and Cabo da Roca on Portugal's (and continental Europe's) most westerly extent



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