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Transilvania  
University  
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Erasmus+ Programme – Cooperation Partnerships  
Project No.: 2021-1-RO01-KA220-HED-000032023

Meeting title: **Multiplier event 2**

The purpose of this multiplier event was to promote the results of the project and to obtain feedback from other professionals mainly for the workbook which is part of the project training/mentoring pack (Research report, Workbook -Manual for trainers, the Booklet - Digital well-being: A guide for teachers, the initial versions of the e-Learning course).

Starting date: 26.04.2024

End date: 26.04.2024

Location: National College of Informatics G. Moisil, Brasov acting as host for County Resource and Educational Assistance Centre Brasov

## Report from event

The multiplier event was part of the semestrial meeting of school psychologists and counsellors belonging to the County Resource and Educational Assistance Centre Brasov and it was held on April, 26<sup>th</sup> 2024. The meeting was face to face for 25 participants, but it was broadcast live for the counsellors from all over the county.

<b>Programme</b>	
<b>Friday, 26.04.2024, 09.30-11.00</b>	
<b>MULTIPLIER EVENT</b>	
<b>Location: National College of Informatics G. Moisil, Brasov acting as host for County Resource and Educational Assistance Centre Brasov</b>	
09.30-10.00	Welcome and registration
10.00-11.00	Presentation of the Workbook “How to achieve digital wellbeing in universities – Tackling teachers' technostress through mentoring” as a result of the Erasmus+ project Digital Well-being in Higher Education (2021-1-RO01-KA220-HED-000032023). Q&A session on the project and its results

The presentation aimed at offering these professionals a new tool for their activities within educational institutions. Although the project was designed for higher education institutions, its findings and results can be easily transferred for any other organisation looking for ways of enhancing its employee's well-being in nowadays digital world.



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The structure of the workbook with its five chapters exploring in-depth topical issues was presented and connected to other results of the Erasmus+ project Digital Well-being in Higher Education, namely the booklet on well-being assessment and strategies and the on-line platform incorporating the mentoring for well-being programme.



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