

# Improving management competences on Excellence based Stress avoidance and working towards Sustainable organisational development in Europe (IMPRESS)



# IMPRESS

“ It will provide us with innovative tools on the stress management inhouse and to our partners (hospitals, companies....

*Mutualia. Services for healthcare*

The objective of IMPRESS is to enable business professionals to gain a perspective on work related stress issues.

This includes how they impact in all aspects of the business including management style, cost of absenteeism, work organization and organizational structure, work-life balance, demographic changes, the upgrading of unskilled and skilled workers, information overflow, stress caused by poor fit with physical and mental health issues.

One major focus is on how young people have to be prepared in order to sustain their health and their employment until retirement in an economic situation where changing employers and sectors is becoming part of a regular employment history.

The intention of the project is to develop and validate an innovative toolset allowing identifying and dealing with stress related issues in the organisations and to support them with new coaching and training materials in solving the identified problems..

IMPRESS will incorporate this educational model into existing programmes for (young) professionals who work closely with personnel systems. An Alternate implementation would be as a standalone programme for existing practitioners.

## Erasmus+

Field: Higher Education

Action: Knowledge Alliances

### Key facts and figures



Partners:  
10



Countries:  
4

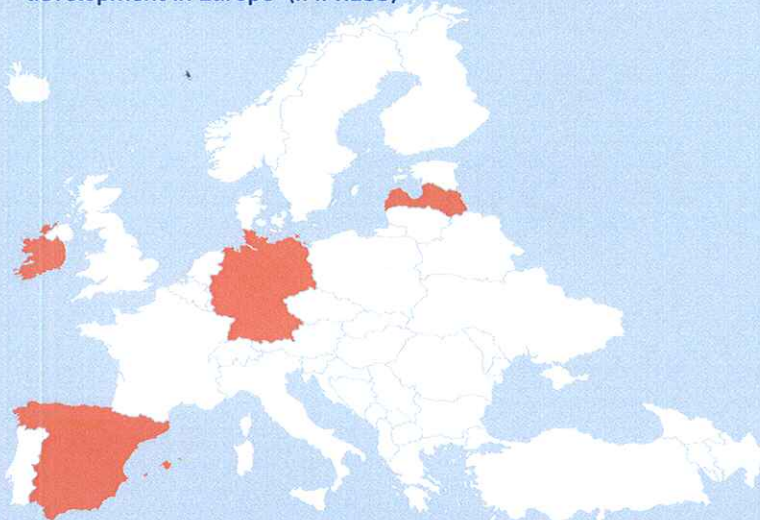


EU grant:  
€ 791,558



Project duration:  
2018 - 2020

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### Lead organisation

ASOCIACION DE INDUSTRIAS DE LAS TECNOLOGIAS ELECTRONICAS Y DE LA INFORMACION DEL PAIS VASCO GAIA

Location: Spain

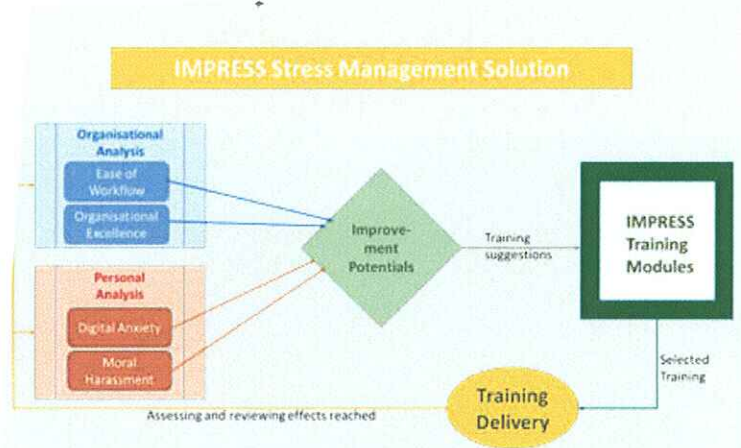
### Project countries

Germany, Ireland, Latvia & Spain

### More information

Project website  
not available

The Erasmus+ Project Results Platform  
<https://ec.europa.eu/programmes/erasmus-plus/projects/eplus-project-details/#project/b9b34f0f-cd4a-46dd-8252-9ebfd0850618>



### Sustainability

The objectives and the results are:

- Develop an education module based on experiences in industry that will equip professionals working in industry with the necessary knowledge and skill sets needed to deal with the Work Related Stress issues that occur in a continuously changing work environment.
- Develop a suite of practical tools that can be used by suitably trained professionals to quantify stress levels in an organisation and at an individual level, especially with regard to the ability to work under pressure
- Design and pilot test an appropriate training approach for young people with the objective to enable them to cope with the challenges on the labour market by reducing the stress factors either before being employed or when they start their professional career.

### Social Media

The links of social media platforms will be available soon!



### Dissemination

During the initial stages of IMPRESS, the target groups will be informed of the project objectives and implementation strategies through the partner's existing communication paths, newsletters, social media and events at all levels in the different partner countries as the organisations have a well vertical and horizontal organisational setup which allows them to reach their members, partners and associates.

As project results become available an IMPRESS network of interested organisations will be formed and a process for closer cooperation between these organisations and the project partner will be established and adapted and continuously further developed according to the rapidly changing requirements at the different levels.