



# Remotemo

Social and emotional skills to regulate the mental effects of remote working and promote work satisfaction

The outbreak of the coronavirus and the confinements have meant that a significant number of workers have had their first experience of remote working, this has created significant challenges for Member States' workers and companies, which have had to adapt to a new way of working that was barely in place before, however this will be an important element in shaping the way of work of the future.

Despite the benefits of working from home, there are many issues that have to be addressed, for example physical and mental problems, such as stress, anxiety and loneliness, that workers may be vulnerable to.

Thus, the need to implement strategies for the emotional management and regulation of all the actors involved in remote working is the framework of our project REMOTEMO. With REMOTEMO we will elaborate tools that will be useful for a better understanding of the implications of working from home and the raising of awareness of the benefits and the disadvantages and how to deal with them, offering guidance and training for managers and employees that will also allow them to develop their emotional intelligence at work.

## Target Groups

C-VET organisations  
Training companies  
Companies and Organisations  
Company leaders and HR managers  
Workers, freelancers or self-employees

Through a new interactive TRAINING SYSTEM for MANAGERS we identified six emotional areas with the highest impact on Remote Working to give them tools to manage them and improve job satisfaction

Thanks to an innovative TOOLKIT for EMPLOYEES, they will be able to self-assess their emotional needs and learn about new methods to improve their job satisfaction

Finally, some best practices will be highlighted in CASE STUDIES to be taken as example for managing remote working in a more effective way

## Project Outputs



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EDUFORMA is an institution accredited by the Veneto Region for Continuing and Higher Education, Vocational Education and Training (VET), as well as for Orientation and Employment Services. Founded in 2003, Eduforma offers management training and consultancy services; specializes in human resource development, to increase people's ability to deal with professional problems related to their specific skills. Eduforma draws up, coordinates and manages training projects financed by the Veneto Region (through the European Social Fund), aimed at unemployed young people and adults. Eduforma is accredited as a "Youth Corner" to implement the European "Youth Guarantee" plan. Thanks to the implementations of several European projects - Eduforma now has a strong experience in developing new models of training methods.



HEUREKANET - Freies Institut für Bildung, Forschung und Innovation e.V. (Independent Institute for Education, Research, and Innovation) has been contributing to the development of competencies and thus the performance of socio-technical systems and their actors or members through method and instrument development, practical research, education, and intermediary action since its foundation in 2000. The fields of work are vocational training, adult education, higher education, civic engagement, and work with young people. The spectrum of sectors ranges from health and social services to educational institutions and mechanical and plant engineering. Significant guiding principles of our work are sustainable development and resource use, social, economic and political participation, diversity and equality, integration and inclusion. Together with institutional and private supporters, clients and partners, HeurekaNet looks for alternatives and develops ambitiously new solutions that allow individuals and their surrounding systems to develop and use their potential in a sustainable way.



INDEPCIE (Institute for the personal development, entrepreneurship, coaching and Emotional Intelligence) is a training company founded in 2017 focused in the attitudinal training and the improvement of human performance. We work with our clients with the aim of increasing their results both in personal or professional areas, developing techniques and strategies in the areas of coaching, Emotional Intelligence and Neuro Linguistic Programming (NLP). INDEPCIE trains persons in the framework of their companies, so both the individuals and their organizations acquire skills and habits leading to a continuous improvement. We use the most advanced techniques in teaching and training to develop and achieve this ambitious goal as experts in team management, sales training, emotional management and motivation. INDEPCIE is a new company which learns from the experience gained by its staff, professionals with years of background in the fields of training and the development and management of transnational projects in the frame of Erasmus + Program.



NEOTALENTWAY is an educational and training consultancy that focuses on skills development, talent management, digitalisation and entrepreneurship. It is a company focused on increasing quality in all processes for maximum personal and professional development. Our main objective is to favor and develop talent skills in people. Also, we supply teaching training, managerial skills, key competences, digital skills, soft skills, entrepreneurial competence, marketing, communication, conflict resolution and emotional intelligence. We are also working hard in the digital area, training people in the digital competence, developing digital training resources for trainers, teachers, educational centers, training centers, consultancies, and so on. In this way we are supporting the digitalization of education in our region, and this task is very important especially after this pandemic situation.



"Scientific Association for the Promotion of LifeLong Learning" 'S.A.P.L.Le., is a Scientific Association, representing higher education graduates and professionals with an established interest in the use, implementation and dissemination of innovative education methods, training practices and new technologies regarding Health, Culture, Environment and any other human activity.



WYŻSZA SZKOŁA EKONOMII I INNOWACJI W LUBLIN is a non-state higher education institution founded in 2001. WSEI offers higher education programmes in various academic disciplines. It is a nationally recognised institution that has already received numerous awards for its labour market oriented education. In addition, WSEI continually modifies its educational offer to match labour market needs. The University has over 6000 students (of which about 80% are extramural students) and almost 400 carefully selected and experienced teaching staff. It provides a comprehensive approach to education, as well as unique experiences and development opportunities through a range of related professional courses, supported by intensive research and knowledge transfer activities. WSEI focuses on building bridges between business and the academic sector.



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[www.remotemo.eu](http://www.remotemo.eu)

