



DIGITAL BALANCE

Newsletter Issue 2 -
March 2022



Project no.

2020-1-DE02-KA226-VET-
008184

Duration

01/04/2021 – 31/03/2023

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Project website

www.digitalbalanceproject.eu

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[Digitalbalanceproject.eu](https://www.facebook.com/digitalbalanceproject)

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ABOUT THE PROJECT

Digital Balance is a new approach to train VET teachers, leaders and managers in digital well-being.

The project will boost the capacity of VET institutions to manage the digital transition in a way that marries high quality teaching with the well-being and long-term productivity of those involved.

The final objective will be to improve educators' own digital competences, while also boosting the capacity of VET institutions to manage the digital transition.

The Analysis Report

The main project objective of this report is to produce new resources that enable the integration of policy and practice to support teachers' digital well-being and encourage proactive behaviour at a personal level.

As part of the above resources, the present Digital Balance Analysis Report is a research, analysis and publication that presents and analyses the digital wellbeing challenges experienced by VET teachers and VET managers/ heads of department as part of the current broader digital transition.

Therefore, the objective of the report is to raise awareness of the importance of achieving a balance between digital-first teaching and the well-being of teachers who have been rapidly exposed to risks to their physical and psychological health that they have not had to deal with in the past. The resource is aimed at VET managers and heads of departments, many of whom are often active teachers

themselves. It will also be shared with stakeholders, especially policymakers in adult education. The goal is to update their knowledge regarding achieving a digital balance in the VET workplace and why it must be acted upon.

The report responds to the following needs of our target group: - Low level of awareness about digital wellbeing in general and as a component of digital competencies - High level of interest but low level of preparedness to assist teachers in safeguarding a digital balance in their working lives. For these reasons, the Digital Balance Analysis Report will be an engaging introduction to the meaning, scope, and application of digital wellbeing in education and general, and specifically in VET (Digital Balance EU, 2021).

Discover the Core Capacities for Living and Learning



This project builds on the existing evidence base to better understand how children's personal attributes (age and gender), and the world around the child, can promote the use of core capacities for benefit of child well-being and to improve policies and practices for child development.

Knowledge HUB: COVID-19 impact on the youth sector

How did support to Young People and the Youth Sector fail during the pandemic? What should be the focus in post-pandemic Europe?

TARGET GROUPS

VET teachers; VET managers and department heads

IOs

- IO1 Digital Balance Analysis Report
- IO2 Digital Wellbeing Resource Park
- IO3 Digital Balance Empowerment Programme

KoM

9 June 2021

2nd project meeting

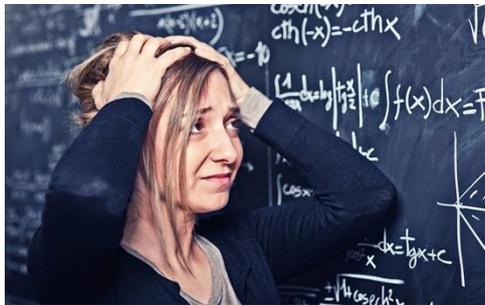
27-28 January 2022

3rd project meeting

25 February 2022

The new report published on our Covid-19 Knowledge Hub brings data from over 25 countries on the impact of Covid-19.

The rise of teacher stress



A teacher isn't expected to revive an elderly patient who is having a heart attack. Teachers don't have to figure out how to tell a young woman that she is infertile or inform a father that he has lung cancer.

From an outside perspective, teaching might seem like a much less stressful job than being a nurse or physician.

However, according to a recent poll, 46% of teachers report high daily stress, which ties them with nurses for the most stressful occupation in America today.

Mental wellbeing for leaders & managers

Why is teaching so stressful? What are the repercussions of teacher stress? How can we ensure that our educators don't quit or lose their love of teaching? Working in a leadership or management role can be trying at the best of times, and more so during the uncertain period we find ourselves in at present. The responsibility of managing a team presents big challenges.



While there's recently been a very welcome focus on mental health first aid and helping managers become more aware of the silent issues that some of their workers are dealing with, there hasn't been as much focus on supporting the mental health of people leading organisations.

At the moment, we are facing a perfect storm of factors that could impact very negatively on people at the top of organisations, and could easily trigger problems with anxiety or depression, two of the most common mental health concerns in the UK.