



# TechnoWell

## NEWSLETTER #1

# LET'S TALK ABOUT DIGITAL STRESS

Did you know that the very tools designed to make our work easier can also be a major source of stress?



From constant notifications to endless digital tasks, many adults feel overwhelmed by the pressure to stay connected, respond quickly, and keep up with ever-changing technologies. This growing challenge is known as technostress—and it's becoming a key issue in modern workplaces.

Through TechnoWell, we are working to help adult educators, managers, and employees recognise, prevent, and manage technostress, while building healthier and more balanced digital work environments



### ABOUT THE PROJECT

TechnoWell is a two-year Erasmus+ project bringing together partners from Germany, Croatia, Lithuania, Bulgaria, Cyprus, and Ireland. It focuses on one of the most pressing challenges of today's workplaces: technostress. As digital tools become an essential part of everyday work, many adults experience overload, pressure, and burnout.

Our goal is simple but important:

- Equip adult educators, managers, and employees with practical tools and skills to balance digital transformation with well-being
- Strengthen digital leadership competences to create healthier work environments

### PARTNER MEETING IN BULGARIA

Our journey officially began with the first transnational project meeting in Bulgaria, hosted by our partner organisation.

During two productive days, partners:

- aligned on the project vision and objectives
- agreed on timelines and responsibilities
- explored the concept of technostress from different national perspectives
- laid the groundwork for upcoming training and resources





### DEVELOPING THE TECHNOWELL TRAINING PROGRAMME

A key milestone has already been reached!

Partners have co-developed the structure of the TechnoWell training programme, which will become a 30-hour course for adult educators and managers

The course focuses on areas such as:

- digital leadership and well-being
- recognising and preventing technostress
- building healthy digital work cultures
- practical strategies for managing digital overload

At the moment, the modules and learning outcomes are being validated by stakeholders (educators, HR professionals, and organisations). This ensures that the training is not only innovative—but also relevant, practical, and applicable in real-life work settings.



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## UPCOMING EVENTS



TRAINING FOR  
EDUCATORS IN  
CROATIA  
OCTOBER 2026



LOCAL WORKSHOPS



Co-funded by  
the European Union



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### GET INVOLVED

We are inviting:

- adult educators
- HR professionals
- managers and team leaders
- organisations interested in workplace well-being

to take part in testing and shaping our project results. Be among the first to explore and use new tools and training opportunities!

To get involved, contact us via our project email, follow us on Facebook, visit our website, or reach out to one of our local partner organisations.



Facebook page: <https://www.facebook.com/TechnoWellProject>

Website: <https://technowell.projectsgallery.eu/>

Email: [technowell@euplus-project.eu](mailto:technowell@euplus-project.eu)



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