



Welcome to the third DigiWorkWell newsletter

WHO IS INVOLVED IN THIS PROJECT



momentum
[educate + innovate]



In this edition we will bring you up-to date with all the latest DigiWorkWell project developments. We also take a brief look at two of our project partners: Northern Chamber of Commerce which is the Consortium Lead for DigiWorkWell, and Momentum Consulting.

Northern Chamber of Commerce (NCC) was established in 1997 and representing 1500 companies in Szczecin is the largest chamber of commerce in Poland. The principal task of NCC is to provide services to member companies, including training and education, the organization of cooperation visits and the facilitation of networking opportunities, financial assistance and interest representation and lobbying; it is therefore well attuned to their training and development needs.

Another key objective is to bring international learning to local SMEs to provide that important international dimension and thereby create opportunities for larger scope of activities. NCC thus engages in international projects and has more than 15 years of experience in transnational cooperation under Erasmus Plus, Interreg and many more.

If you would like to know more about the Northern Chamber of Commerce, please visit www.izba.info

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Momentum are known for creating impact through EU education and innovation programmes, by developing innovative curricula and tertiary educational strategies for many of Ireland's top HEI and VET bodies (National University Maynooth, Atlantic Technological University, Technical University of the Shannon, Local Enterprise Offices). We also work with over 50 leading HEI and VET education partners and networks including UIIN, ACEEU, eucen, FH Münster University of Applied Sciences, University of Bologna, Tallinn University and University of Malaga to name a few.

New for 2023, we are proud to provide high impact dissemination and evaluation services to several Horizon Europe projects. This is telling recognition of the calibre of our work as we seek to create a more sustainable and equitable future for all.

The main Momentum project specialist behind the DigiWorkWell project is Laurence. Laurence is Momentum's Digital Wellbeing Specialist, and with a background in Business Psychology, he holds a unique lens focused on all facets of the human side of business. For the DigiWorkWell project Momentum have been responsible for PR3, the DigiWorkWell Training Course.

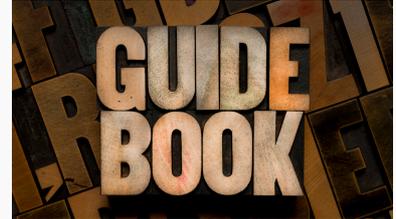
If you would like to know more about Momentum Consulting, please visit <https://momentumconsulting.ie>



PROJECT OUTPUTS

THE DWW GUIDE FOR DIGITAL WELLBEING

The [DigiWorkWell Guide](#) was published in Spring 2023 and is proving to be a popular resource for those interested in the wellbeing of digital and tele-workers. In addition to setting out the business case for focusing on digital wellbeing, the resource is filled with useful tips and information about setting up your own interventions.



There have now been 690 downloads of the Guide since its publication. This a great achievement and already exceeds the target of 600 set for the project.

The DWW Guide remains available for download in English, Polish and Spanish. Download your free copy now!

[EN DOWNLOAD](#)

[ESP DOWNLOAD](#)

[PL DOWNLOAD](#)

DIGITAL WELLBEING CHECK-UP TOOL

The [Digital Wellbeing Check-up tool](#) is an interactive online tool enabling SME managers to evaluate their strengths and weaknesses in relation to employee digital wellbeing and to determine a suitable pathway through the subsequent learning materials. It is guided by the EU's Digital Competence Framework and UK JISC framework as we believe they offer a comprehensive description of the knowledge, skills and attitudes that managers need to learn in order to effectively manage digital wellbeing in the workplace.

The tool is available in English, Finnish, Polish and Spanish, and is available here:

[EN TOOL](#)

[ESP TOOL](#)

[FL TOOL](#)

[PL TOOL](#)

At the end of the Check-up tool there is a link where you can provide [user feedback](#). It only takes 5 minutes but is important in helping the DigiWorkWell team to understand the impact of the tool and gain important insights for how to improve what we do in the future.

DIGITAL TRAINING PACKAGE

Work has been completed on the innovative new **training package**. Each of its **five modules** contains a complete set of learning objectives, training materials and case studies aimed at supporting business advisers and SME managers to gain the knowledge, skills and confidence required to implement their own programmes:

1. Digital Working
2. Digital Communication
3. Physical Health
4. Mental Wellbeing
5. Leading a Digital Workforce

The five modules have been finalised and user testing has started. DigiWorkWell partners will be getting in touch to ask for your support with this.

There will be more about this in our next newsletter, but in the meantime keep an eye on the [DigiWorkWell](#) website for developments!

MULTIPLIER EVENTS

Partners are currently in the process of running Multiplier Events. These are designed to promote the three project outputs with a wider audience to ensure that stakeholders actively understand their value and are motivated to introduce them in their own organisations.

Three events have already been delivered (Finland, Poland and Spain), and three others are planned (Finland, Ireland and an online 'transnational' event hosted by ENWHP).

Partners will be in touch directly with more details and a report on the events will be included in our final newsletter.



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