

# INFORMATION, NEWS AND SUPPORT

# NEWSLETTER

2nd Edition

April 2022

## INTRODUCING E-STEPS INNOVATIVE E-LEARNING PLATFORM (Intellectual Output 1)

E-STEPS course includes 10 modules on different topics and tasks regarding content of the modules. First 5 modules is devoted to soft skills where you find information about career path management, self-reflection, emotional intelligence, building relationships and networking and managing your mental health. Next 5 modules provides knowledge on the topic of labour markets in different Europeans

countries and how they were influenced by the COVID-19 pandemic, CV and cover letter, self-reflection on the labour market as well as use of social media on the labour market. When you click on the module you find short introduction and an interactive book. Each book consists of introduction, content and conclusion. On every page you find interactive tasks. They are saved automatically and your score is shown in the books summary. In order to have your book accepted you need to solve at least 80% of the book. To pass the course you have to score at least 80% from all the content. You can follow your scores and progress in class register.

E-steps course can be find here:  
<https://e-steps.eu/>

## E-STEPS

### MANAGING YOUR MENTAL HEALTH

In this module you will gain knowledge about mental toughness, resilience, coping with challenges as well as making good use of success and improving after a failure.

### CAREER PATH MANAGEMENT

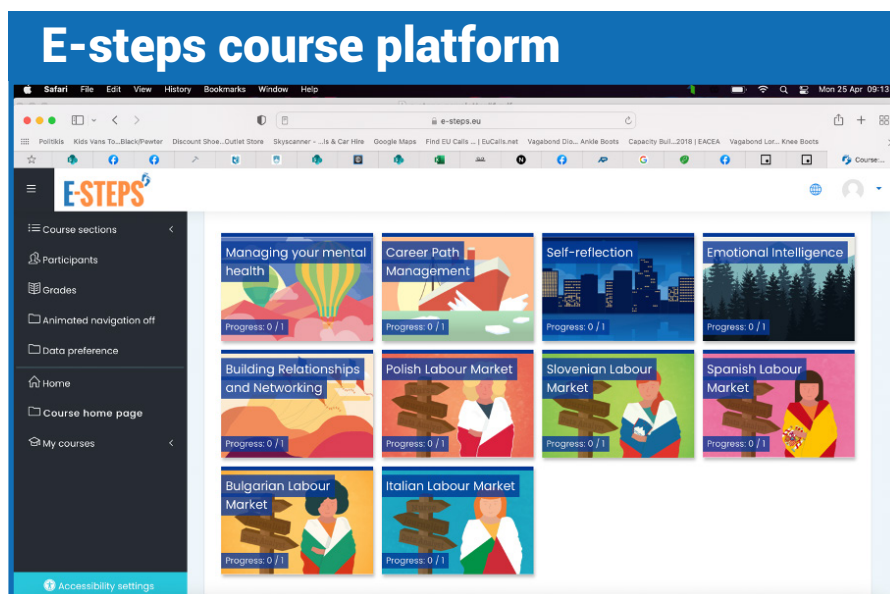
In this module you will gain knowledge about career exploration, career decision-making, goal setting and implementing plans.

### SELF-REFLECTION

In this module you will gain knowledge about self-esteem, the role of our values in decision-making process as well as you will learn to evaluate your strengths and weaknesses.

### EMOTIONAL INTELLIGENCE

In this module you will gain knowledge about crucial aspects of emotional intelligence, such as self-control, self-awareness, motivation and empathy.



## **BUILDING RELATIONSHIPS AND NETWORKING**

In this module you will gain knowledge about networking, how to start networking and how to use it efficiently for professional development.

## **POLISH LABOUR MARKET**

In this module you will gain knowledge about characteristics of Polish labour market as well as about concept of life-long learning.

## **SLOVENIAN LABOUR MARKET**

In this module you will gain knowledge about Slovenian labour market, competences need on the labour market as well as about support for young people entering the job market.

## **SPANISH LABOUR MARKET**

In this module you will gain knowledge about Spanish labour market and impact of the COVID-19 pandemic on labour market. Furthermore, you will learn how to use self-reflection on the labour market.

## **BULGARIAN LABOUR MARKET**

In this module you will gain knowledge about Bulgarian labour market and use of social media on the labour market.

## **ITALIAN LABOUR MARKET**

In this module you will gain knowledge about Italian labour market, impact of the COVID-19 pandemic on labour market as well as programmes supporting young people entering labour market.

# **E-STEPS BEAT COVID-19**

Finally we had the opportunity to meet in person and between 19th and 20th of April 2022 all the project partners met in Rome, Italy on the transnational project meeting. The partners presented all the past activities and intellectual outcomes, shared gained experience, and talked about the already implemented and also forthcoming workshops. As well we set the action plan for the upcoming months and discussed, most importantly about LTTA program, multiplier events and future intellectual outcomes.

*Here is a moment from  
the meeting in picture:*



## **NEXT STEPS:**

**Forthcoming workshops, LTTA, multiplier events,  
future intellectual outcomes and more.**

**PROJECT WEBSITE:**  
[esteps.um.si](http://esteps.um.si)

**PROJECT FB:**  
[www.facebook.com/  
E-Steps-102490908566346](https://www.facebook.com/E-Steps-102490908566346)



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