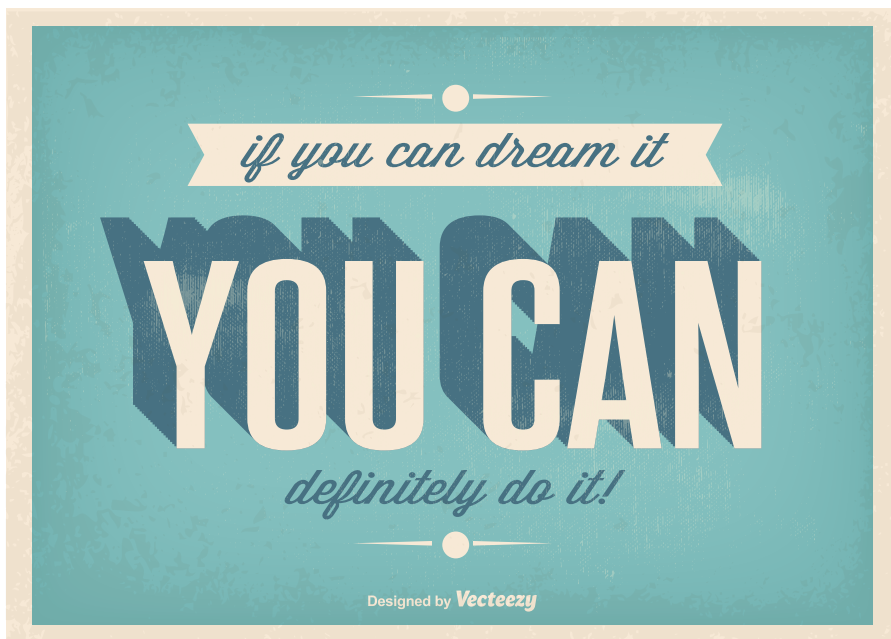


INFORMATION, NEWS AND SUPPORT

# NEWSLETTER

4th Edition

December 2022



## E-STEPS

strengths and weaknesses. In EMOTIONAL INTELLIGENCE one will gain knowledge about the crucial aspects of emotional intelligence, such as self-control, self-awareness, motivation, and empathy. In BUILDING RELATIONSHIPS AND NETWORKING one will find out all about networking, how to start networking and how to use it efficiently for professional development.

Moreover, the E-Steps platform is offering insight into particularities and differences of the Polish, Bulgarian, Spanish, Italian and Slovene labour market.

The E-STEPS system of learning and teaching was later used in the E-STEPS workshops and promoted at so-called Multiplier Events.

### WHAT'S NEXT?

#### - BECAUSE WE CARE.

The partnership will continue to collaborate after the end of the project to further develop, promote and disseminate all project outputs in capacity to apply them both, as a whole and in combination with other educational tools aimed at the acquisition of new soft skills by vocational school students.

The partnership is also considering developing another proposal, a continuation of the E-STEPS project.

With this in mind, we are looking forward to work and cooperate with you again in the very near future.

## »Season 1« of E-STEPS is ending.

It was not an easy journey, however, enjoyable, successful, and efficient. We tried to listen and to learn, and then to show, to teach and to communicate.

The aim of E-STEPS was/is to raise the level and quality of vocational education, to increase the responsiveness, flexibility, and usefulness of the vocational education system in relation to the needs of the economy, non-economy, and society, to strengthen its international integration, to improve the accessibility of education and opportunities in vocational education throughout Europe.

Through our journey we created the E-STEPS system of teaching and learning, in order to enable the enhancement of the most important objective of the E-Steps project: increasing the mobility of vocational school students from EU countries by developing their knowledge and

skills in the area of soft employability skills and the development of an European area of vocational learning by improving the quality of teachers/educators.

### WHAT MORE?

E-Steps platform - for the purpose of creation of the E-Steps platform we developed teaching/learning materials in different fields: In MANAGING YOUR MENTAL HEALTH one will learn about mental toughness, resilience, coping with challenges as well as making good use of success and improving after a failure. In CAREER PATH MANAGEMENT one will learn about career exploration, career decision-making, goal setting and implementing plans. In SELF-REFLECTION one will learn about self-esteem, the role of our values in decision-making processes as well as to evaluate one's

Our greatest weakness lies in giving up. The most certain way to succeed is always try just one more time (Tomas A. Edison)



Happy holidays and a Happy, Great and Successful 2023.

... and keep in mind:  
»You don't have to be great to start, but you have to start to be great.« (Zig Ziglar)

Keep in touch with:

**E-STEPS** 



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