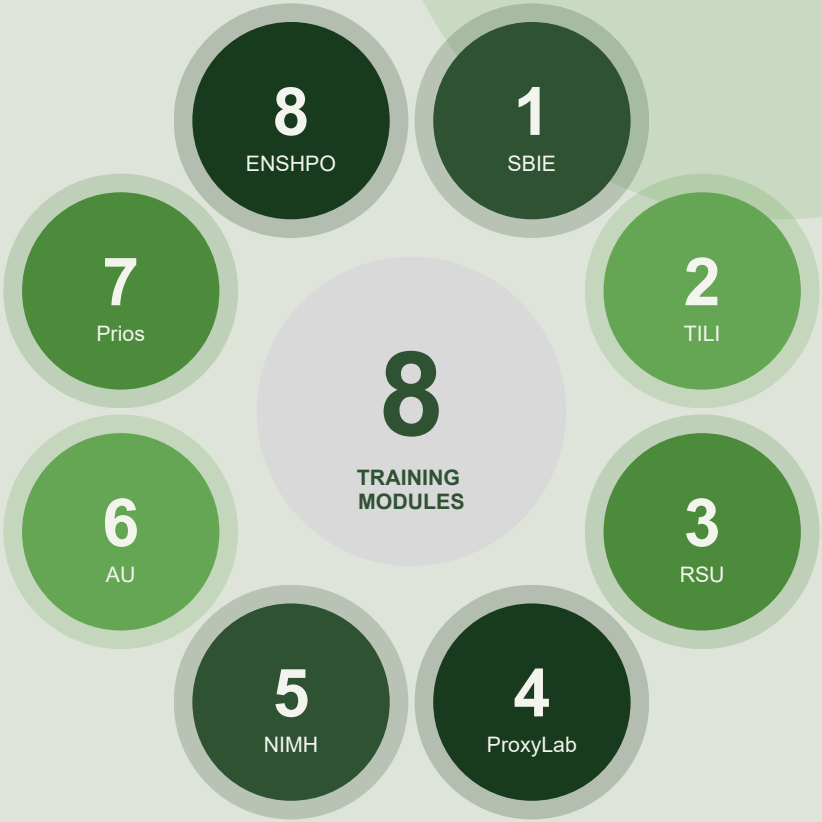
WEBINAR #3

H.A.R.M.O.N.Y.

Discover the 8 H.A.R.M.O.N.Y. Training Modules

Learn, Explore and Help Us Test Them!

Join us to explore eight new multilingual training modules on workplace mental health.



15 DECEMBER 2026

14:00 CET · 1 hour
Online webinar

SCAN TO
REGISTER
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Explore the 8 modules and find out how to take part in th e piloting process.

Co-funded by the European Union

H.A.R.M.O.N.Y.

WEBINAR #3

15 December 2026 · 14:00 CET · 1 hour

ABOUT THE WEBINAR

An hour to discover the eight H.A.R.M.O.N.Y. training modules on workplace mental health, available at two levels: EQF 5 (VET) and EQF 6 (Higher Education). The modules will be presented during the webinar, which will close with an invitation to those interested in joining the piloting phase.

- **8** Eight training modules on workplace mental health
- **A** Accessible, multilingual resources
- **P** Practical for SMEs and education providers

THE 8 TRAINING MODULES

1 Module 1
Understanding Stress, Anxiety, and Depression
Developed by SBIE

2 Module 2
Creating a Supportive Environment
Developed by TILI

3 Module 3
Applied Stress Management and Recovery Practices
Developed by RSU

4 Module 4
Coping with Anxiety
Developed by ProxyLab

5 Module 5
Coping with Depression
Developed by NIMH

6 Module 6
Impact of the Green and Digital Transitions on Psychosocial Risks and Workforce Wellbeing
Developed by AU

7 Module 7
Supporting Others with Mental Health Challenges
Developed by Prios

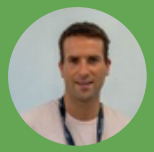
8 Module 8
Managing Psychosocial Risks at Work
Developed by ENSHPO

SPEAKERS & MODERATOR



SPEAKER

Lucie Steinerová, M.A.
Public Mental Health Researcher
National Institute of Mental Health (NIMH)



SPEAKER

Andoni Badiola
Innovation Director
Tolosako Inmakulada Lanbide Ikastola, S.Coop. (TILI)



MODERATOR

Mireya Rifá Fabregat
Former President
European Network of Health and Safety Professionals Organizations (ENSHPO)

WHO IT'S FOR

- Employers
- Managers
- Educators
- Trainers
- HEIs
- VET providers

Register now
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