



ABOUT THE PROJECT

What is Peace at Work?

Peace at Work is a European initiative aiming to create a safe, supportive and inspiring online space for personal and workplace well-being.

It focuses on empowering individuals, improving work environments, and encouraging a culture of balance across all levels – personal, corporate, and societal.



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www.peaceatwork.eu

INTERNATIONAL PARTNERSHIP

Peace at Work is brought to life through the joint effort of organizations from:



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PEACEATWORK
PERSONAL EMPOWERMENT AND CARE ENHANCEMENT



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WHAT WE OFFER?

Project Activities

- Research and analysis of target groups and mental health needs.
- Development of a knowledge base with expert input and case studies.
- A blended training programme including videos, webinars, and podcasts.
- Practical tools and action plans for everyday implementation.
- Online platform with 24/7 access to resources for well-being.



WHO CAN BENEFIT?

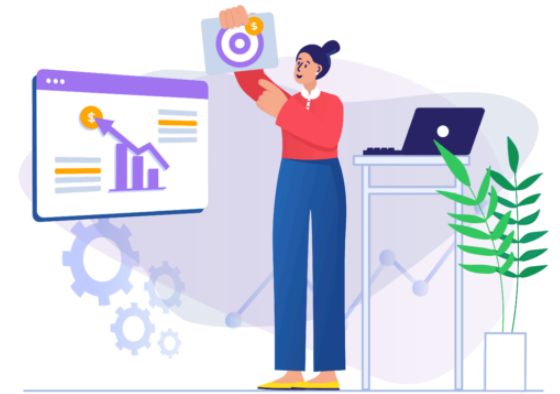
Target Groups

- Employees and the general public
- HR managers and employers
- Educators and trainers
- Schools, universities, and learning centres
- Psychologists and support professionals

WHY IT MATTERS

The Peace at Work project responds to the increasing mental health challenges faced by individuals across Europe. By offering tools for prevention, awareness, and education, the project supports both employees and organizations in building a healthier, more productive work culture.

A happy, balanced employee is more engaged, more resilient, and more likely to stay.



FROM KNOWLEDGE TO ACTION

That's why our approach connects learning with action. From in-depth research to practical tools, our project helps individuals and companies put knowledge into practice. With ready-to-use guides, action plans, and support groups, Peace at Work empowers people to improve their own environment – one step at a time.