

THE IMPACT OF WORKSHOPS ON STRESS AND HEALTH ON THE LEVEL OF WELLBEING OF ADULTS INVOLVED IN LEARNING ACTIVITIES¹

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Abstract

An explicit aim of the project entitled "Wellness: Skills for True Wellbeing" was to improve the content and delivery of adult education with tools that enhance the wellbeing of adult learners, provided through adult education organizations. The education system does not strongly focus on providing people with skills that directly help to enhance and sustain their wellbeing. In order to enhance the level of wellbeing in adult learners, we developed and implemented the following workshops that were available to all participants from all seven participating institutions from six countries: Stress and Health; Self-Esteem and Self-Presentation; Communication and Relationships. In this paper we will analyze the results of implementing the workshop on Stress and Health.

Keywords: wellbeing; stress and health; adult learners

¹ The project has been funded with support from the European Commission. This report reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein. "Skills for True Wellbeing" - Wellness 527797-LLP-1-2012-1-RO-GRUNDTVIG-GMP

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