

Strengthening the  
**Digital and Psychological Capacity**  
of Employees for the Effective Remote Work

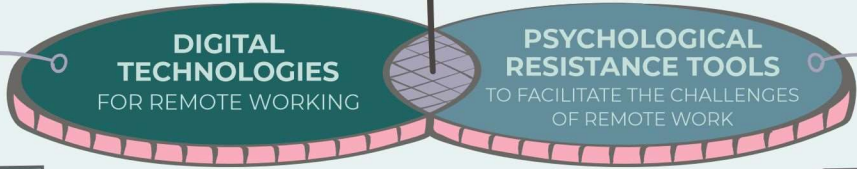


The **DiPsyCa** project is co-funded by the European Union



**DISTANCE LEARNING COURSE**  
**40 hours**

- ✓ VIDEO LECTURES
- ✓ EDUCATIONAL VIDEOS
- ✓ SUPPORTING TOOLS
- ✓ PHYSICAL EXERCISES
- ✓ MEDITATIONS
- ✓ SELF-TESTS AND FINAL TASK



- Direct and indirect communication tools
- Work planning tools
- Package for teleworking
- Cloud storage, transfer of large files

**5 PARTNERS** from **3 COUNTRIES**

*joined their forces and experience to select the most effective methods and create learning tools relevant to a wider audience at local, national and European levels*

- Mindfulness training
- Relaxation, stress management
- Self-motivation and assertiveness training

MAIN LANGUAGE

**EN**



OTHER LANGUAGES

**CZ**

**LT**

**NL**

**PARTNERSHIP**



**ADULTS,**  
*experiencing difficulties in the transition to remote or hybrid work due to the lack of specific digital competencies and the inability psychologically adapt to the changed nature of work*

**BENEFICIARIES**



- Adult education centres
- Non-governmental organizations
- Private enterprises
- Technology-related industry
- International organizations

**IS DESIGNED TO PREPARE YOU FOR REMOTE AND HYBRID WORK:**



**TO MASTER TECHNOLOGICAL CHALLENGES**

**TO PREPARE PSYCHOLOGICALLY AND OVERCOME OBSTACLES**

**TO ACQUIRE SKILLS, APPLICABLE IN PROFESSIONAL AND DAILY ACTIVITIES**

**MORE INFO**

**DiPsyCa.project**

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