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Professional well-being

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Key information

Available for translation



Target group

Asylum and reception officers, and all profiles working in the field of asylum and reception



EQF/MQF level

Level 5



Version

Version 2 (2025)



Entry requirements

Full qualification at EQF Level 4 or equivalent AND proficiency in English



Prerequisites

n/a



Assessment

Open-ended questions



Languages

English, Portuguese, Spanish, German, Polish, Czech & Lithuanian (version 2)

Macedonian & Serbian (version 1)

Learning outcomes & description

DESCRIPTION

This module aims to provide learners with knowledge, skills and competences related to the main potential psychosocial hazards in professional environments and identify strategies to protect ones' own professional wellbeing.

It covers key themes of professional wellbeing with a focus on the context of the everyday tasks of officials in asylum and reception contexts.

LEARNING OUTCOMES

At the end of this module, the learner will be able to:

Knowledge

1. Identify the basic elements through which wellbeing at work can evolve motivation, work engagement, stress, burnout, and identify drivers that can lead from wellbeing to stress and burnout.
2. Identify signs of poor wellbeing and understand the impact of poor wellbeing in asylum and reception contexts.
3. Identify the main strategies to protect one's own professional wellbeing to build physical, psychological and social resources.

Skills

4. Recognize in real life the basic elements through which wellbeing at work can evolve: motivation, work engagement, stress, burnout, and drivers that can lead from wellbeing to stress and burnout.
5. Apply the main strategies to protect one's own professional wellbeing to build physical, psychological and social resources.

DELIVERY METHOD

This module is delivered entirely online, through self-paced learning.

ASSESSMENT STRATEGY

The assessment strategy is based on two online written tasks at the end of the module. Questions are open ended and scenario based, and assess the elements of all learning outcomes.

Accredited module details

Accredited module details

Duration **11 hours online learning (self-paced)**

Number of ECTS **1**

Language **English**

Assessment **2 hours**

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