Please cite as: EUAA, 'Professional well-being' in *Training Catalogue*, kolovoza 2022.

Professional well-being

Key information

Learning outcomes & description

Accredited module details

Key information

Available for translation

Target group

Asylum & reception officers

EQF/MQF level

Level 5

Version

Version 2 (2026)

Entry requirements

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

Prerequisites

n/a

Assessment

2 open ended scenario based questions

Languages

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

Macedonian and Serbian (version 1)

Learning outcomes & description

DESCRIPTION

The aim of this module is to help learners recognise the main potential psychosocial hazards in the asylum and reception contexts and identify strategies to protect professional well-being.

This module focuses on the fundamental elements of professional well-being, such as stress drivers, signs of poor well-being, self-care strategies and the implementation of measures to protect professional well-being through physical, psychological and social resources.

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

The module is delivered online, enabling 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

Duration	**11 hours online learning**
Number of ECTS	**1**
Language	**English**
Assessment	**2 hours**

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