

busiskills
wellbeing@work

SPRING 2025

**Blended
Intensive
Programme**



Co-funded by the
Erasmus+ Programme
of the European Union



BIP roadmap

In this document, you will find:

- Flyer: how to register ?
- General info: objectives, participants, methodology, topics
- First assignments for the 2 online meetings
- Provisional program for the 5 days in Namur

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Flyer: How to register and choose your topic ? Follow the QR code



hénallux
HAUTE ÉCOLE DE
NAMUR - LEÈGE - LORENBURG

Hénallux presents...

Blended Intensive Programme

Health & Social Matters Busiskills · Wellbeing@work

From March 31st to April 4th 2025 in Namur, Belgium
Online meetings: Wednesday - March 12th and 26th 5.30-7.30 pm CET

Students in international and multidisciplinary working groups will research well-being-related topics, looking for best practices in their own home countries and study fields

WHAT TO EXPECT

- ▶ Use and develop your skills
- ▶ Improve your intercultural competences
- ▶ Learn collaboratively
- ▶ Practice your English
- ▷ Register via the QR code (deadline : February 1st 2025)

Contact person : laurence.leonard@henallux.be

ACCOMMODATION
240 euros (6 nights)
Also provided by Hénallux: 3 lunches / 1 dinner

In our BIP, you will find...
Lectures by professionals, collaborative team work, social activities in Namur and Brussels and fun !

5 topics: Gen Z, Mental health and stress management, Social connections, Green working places, Sense of purpose

Partners



global higher education network

General info: objectives, participants, methodology, topics

Welcome to the Health & Social Matters Busiskills Wellbeing@work Spring Edition.

Dear Students,

Dear BIP facilitators,

This course, developed at BUSINET's H&SM Group, has a collaborative character between the different participants and promotes interdisciplinary work and internationalization.

The first edition took place in Saint-Adresse (France) with a pilot version. In 2020, the project evolved to become a Collaborative Online International Learning (COIL) version with winter edition (October-December).

The first BIP Spring Edition was held in Namur in March 2022, with a virtual meeting with all students and facilitators from different Institutions in the areas of Health, Social Work, Human Resources, Education, Management, etc. prior to joining the Hénallux HRM students in Namur for a 5-day international week.

This is now the fourth edition of our BIP in Namur, focusing on Well-being at work, and we are glad to welcome you to this enthusiastic experience.

H&SM Busiskills Team

1. Objectives

The students will:

- Develop professional skills via an international project focused on the well-being of individuals and groups within their working environment (interprofessional skills, soft skills, communication skills, organization skills, self-management skills, etc.).
- Develop International competences (ICOMs):
 - Intercultural competences
 - Language competences
 - Global engagement
 - Personal growth
 - International Disciplinary Learning
- Develop foreign language skills and knowledge on a specific professional topic
- Develop multilingual vocabulary lists

2. Participants

- ✓ **Students** – from different areas of study namely Human Resource Management, Management of Public Sector & Social Services, Business Management, Office Management, Nursing, Health Promotion & Prevention of diseases, Bioinformatics. Students apply at their own institution which is responsible for their selection.
- ✓ **Facilitators** – Businet members and/or teaching staff members from the participating institutions with interest in this area and motivation to explore new approaches to the themes with students, promote the development of cultural and interdisciplinary skills, teamwork, problem solving and critical thinking.
They are coaches who guide the students throughout the project/process. Note that they are not necessarily experts in the topic being researched by their groups.
They assess their working group members throughout the process, from the first online meeting to the final day in Namur (see evaluation grid)
- ✓ **Lecturers** – can be members of the team and invited lecturers / experts on some of the topics considered relevant to the approach of the themes.

3. Methodology

The students will be assigned to interdisciplinary and international groups with a facilitator to work on a specific topic in a co-creation learning methodology. From a starting question, they will develop the work resorting to research, critical reflection and problem solving, bringing the input of their own area to the analysis and development of group work. It is expected that the students will actively participate in all sessions and contribute to the group results.

Per meeting, there is one meeting chair who should prepare, organize and take the lead in the meeting. At the end of each online meeting, the group members decide who will chair the group for the next meeting.

The official language of the course is English. However, it is also expected that the different languages in specific words or sentences could be shared, in order to promote knowledge of some cultural differences about the topic on which the group is working.

Each meeting should be dedicated to discussing an intercultural topic/press topic, in which students will share information about their own country and culture.

Each meeting should be dedicated to work on the topic that the group should develop and on which it will produce the final work to share with colleagues. Meetings will be facilitated by specific faculty members from the various educational institutions (Facilitators) and, if needed, students will organize some other meetings to develop their analysis and work.

4. Topics in 2025

Gen Z and Wellbeing@work

How is Generation Z reshaping the conversation around wellbeing in the workplace ? Explore the priorities and expectations of Gen Z regarding mental health, work-life harmony, and meaningful careers. Share global insights and strategies for fostering flexible and wellbeing-centered work environments tailored to Gen Z.

Mental Health and Stress Management and Wellbeing@work

As the world of work continues to evolve, especially after the global disruptions caused by the pandemic, when work pressure is high and the boundaries between work and personal life are often blurred, it's crucial to discuss how these factors affect employees' mental health and what steps can be taken to improve wellbeing in the workplace.

Social Connections and Wellbeing@work

In today's rapidly changing work environments, particularly with the rise of remote and hybrid models, the importance of social connections at work is often overlooked. However, positive social relationships within the workplace are key to mental and emotional wellbeing, helping employees feel connected, supported, and engaged.

Green Working Places and Wellbeing@work

As the world faces environmental challenges, creating green workplaces has become more important than ever. But it's not just about reducing carbon footprints; it's also about improving employees' wellbeing. By linking environmental sustainability with employees' wellbeing, we can create workplaces that benefit both the planet and the people who work in them.

Sense of Purpose and Wellbeing@work

How do future employees align personal values with professional goals to enhance not only individual satisfaction but also contributes to sustainable, thriving workplaces worldwide ? Explore the relationship between purpose-driven careers and their impact on overall wellbeing.

VIRTUAL PART - 2 online meetings

12th and 26th March 2025
5.30 ■ 7.30 pm (CET)

VIA MS TEAMS

Meeting 1

TO DO for 09/03/25	Be ready to present the city where you study, via a “homemade” video of maximum 3 minutes (be creative!), with your national colleagues. Send your video to laurence.leonard@henallux.be (via WeTransfer) by Sunday March 9th.
12/03/25	Kick-off City presentation by national groups Working groups session (Poster)

Meeting 2

TO DO for 23/03/25	Be ready with a poster with your working group members: live presentation - 2 minutes Send your poster to laurence.leonard@henallux.be (via WeTransfer) by Sunday March 23rd. Research your topic
26/03/25	Working groups presentations: one poster per group Lecture “Working in intercultural teams” Working groups session: Define your topic Teaser - What you need to know before arriving in Namur

Before arriving in Namur

TO DO for 31/03/25	Choose a song that best represents your country Bring some typical food or drinks (non-alcoholic drinks) to share at our international lunch Bring your laptop and comfortable shoes (You will walk a lot in Namur and Brussels).
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PHYSICAL PART - 5 days in Namur

31st March – 4th April 2025

HÉNALLUX SOCIAL DEPARTMENT – rue de l’Arsenal 21, NAMUR

Sunday 30th March

Free arrival time Check in from 3.00 pm at the [B&B Hotel](#), Namur, boulevard Ernest Mélot, 40

Monday 31st March

9.30 ■ 12.00 Welcome
Breaking the ice
Song contest

12.00 ■ 12.45 Sandwiches offered by Hénallux with international snacks, food

12.45 ■ 3.30 Socializing and discovering Namur: puzzle challenge
Street Art in Namur: challenge with your working group

3.30 ■ 4.30 At school: Poster presentation to prepare and finalise for the next day

Evening Free time

Tuesday 1st April

9.00 ■ 12.30 Working group presentations: Street Art
Working group session: finalizing research

12.30 ■ 1.45 Free time for lunch in town

2.00 ■ 4.45 Lecture
Working group session: finalizing research
Cable car to the citadel – Group picture

Evening Free time

Wednesday 2nd April

9.00 ■ 12.30 Lecture
Working group session : preparing final presentation

12.30 ■ ... Free time for lunch and travel to Brussels by train

3.00 ■ 5.00 Visiting Brussels
Challenges for each working group
5.00 BIP picture on the steps of the Stock exchange

Evening Free time and back to Namur by train

☐ Thursday 3rd April	
9.00 ■ 1.00	Activity: Developing your employability skills Working group session: finalizing final presentation
1.00 ■ 2.00	Sandwiches offered by Hénallux
2.00 ■ 4.15	Activity: Developing your employability skills Working group session: finalizing final presentation + preparing a PR instrument
6.30 ■ ...	Farewell dinner offered by Hénallux

☐ Friday 4th April	
9.00 ■ 12.30	Working groups' final presentations Feedback
12.30 ■ 1.45	Sandwiches offered by Hénallux
1.45 ■ 3.30	Feedback session about the BIP
3.30 ■ 5.00	Beer tasting

☐ Saturday 5th April	
Check-out	by 12.00 am from the B&B Hotel , Namur, boulevard Ernest Mélot, 40

Looking forward to meeting you online and in Namur !

