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# Emotional Intelligence for Emotional Resilience

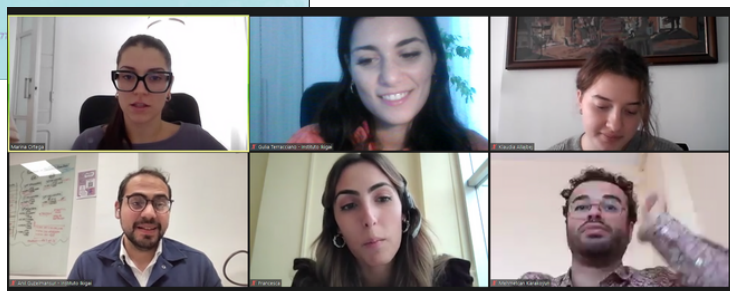
2021-1-ES01-KA220-ADU-000026157

## Collaboration and Progress: 4th Transnational Project Meeting - Online

On the 30th of November and 1st of December 2023, the partners were initially set to gather in Volos, Greece. However, unforeseen floods in the region prompted a swift adaptation, leading us to conduct the meeting online. Despite this change in format, the online meeting provided a unique opportunity to thoroughly review and assess our progress on ongoing works, including the successful completion of the Piloting Training and the establishment of the e-learning platform's structure. This virtual gathering served as a pivotal juncture for the consortium to deliberate on the subsequent steps in the project.

VAEV is thrilled to announce the completion of animated videos, showcasing the rich content that will soon be featured on our platform, available in multiple languages. These thoughtfully crafted videos are designed to elevate the learning experience for users across diverse linguistic backgrounds. In tandem, GODESK proudly declares that the MOOC platform is ready for launch. Our dedicated team has worked tirelessly to create a robust and user-friendly platform that is set to serve the community.

The partners are filled with anticipation for the imminent launch of the Mooc and are enthusiastic about contributing to the project's success by providing engaging and accessible educational resources. Get ready to embark on this educational journey with us; We can't wait to meet you on our online platform! Stay tuned for more updates as we prepare to unveil these valuable assets to our audience.

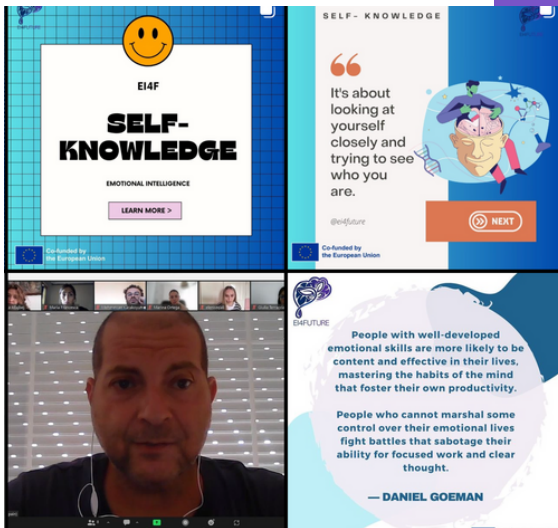


You can access them all on our project [website](#):

You can access our online [platform](#)

FOLLOW US

# NEW POSTS ARE COMING FOR OUR INSTAGRAM PAGE ON DECEMBER !



Established in June, our Instagram page has become a vibrant hub for our community. As we passionately expand our content production, we invite everyone to join us by following our [Instagram page](#).

Whether you're seeking news, educational insights, or just a daily dose of inspiration, our Instagram page is the place to be. Join our growing community, and let's go on this adventure together! Your support means a lot to us, and we can't wait to connect with you on Instagram.

## EDUCATIVE VIDEOS ARE COMING TO OUR YOUTUBE PAGE !

We are thrilled to share exciting news with you! The culmination of dedicated efforts has resulted in the completion of our comprehensive educational video series on Emotional Intelligence (EI). We are delighted to announce that these enlightening videos will soon be available on our YouTube channel, reaching audiences across a spectrum of languages, including Turkish, Greek, Italian, Spanish, and German. The English videos have already been released and can be explored by following this [link](#)

### Contents of EI4F E-learning Videos:

- **Self knowledge Self awareness, Self motivation**
- **Self conscious and Locus of control**
- **Critical Thinking**
- **Empathy**
- **Developing Communication Skills and Developing emotional repertoire**
- **Balancing relationships and Maintaining Work-life balance**
- **Seeking for Support Professional, Spiritual and Social**

