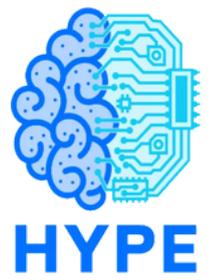


March 2025



HANDLE YOUR EMOTIONS!

PROMOTING EMOTIONAL INTELLIGENCE LEARNING FOR YOUTH

NEWSLETTER 2

Project Number:
2023-1-EL02-KA210-YOU-000162252

www.hype-project.eu

RESULTS OF THE PROJECT

Research Data Base & Methodological Guide in EQ and Social Skills for Youth Workers

A cross-country research initiative involving questionnaires and interviews with young people and youth workers to explore their understanding, needs, and experiences regarding emotional and social intelligence. This process generated valuable qualitative and quantitative data that shaped national reports, methodological guidelines, and ultimately informed the creation of practical tools and training materials tailored to support emotional development in youth work.

Toolkit in EQ and Social Skills for Youth Workers

A practical toolkit was created based on the research findings to help youth workers support young people in developing their emotional and social intelligence. It includes activities, exercises, and guidelines designed to improve self-awareness, empathy, communication, and relationship skills, making it easier for youth workers to implement effective emotional learning in their daily work.

Open Educational Digital Platform

A digital platform was developed to provide young people and youth workers with easy access to resources, training materials, and interactive tools focused on enhancing emotional and social intelligence. The platform encourages community engagement, allowing users to share experiences, participate in discussions, and access personalized support anytime, anywhere.



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