

MIND THE GAP Newsletter #1, June 10th, 2026

Building Mentally Healthy and Inclusive Workplaces for Generation Z

Dear MIND THE GAP Community,

Welcome to the first newsletter of **MIND THE GAP**, an Erasmus+ project supporting the mental well-being, resilience, and workplace inclusion of Generation Z.

As young people enter a rapidly changing world of work, they face growing challenges related to stress, well-being, and workplace adaptation. MIND THE GAP responds to these challenges by developing innovative resources that support young people and help employers create healthier and more inclusive workplaces.

MIND THE GAP Has Officially Launched!

We are excited to announce that the MIND THE GAP project officially started with a kick-off meeting held on March 17-19, 2026, in Paris, hosted by the project coordinator, ABAKA.

During the meeting, project partners discussed the project's objectives, expected results, implementation timeline, communication strategy, and upcoming activities. The kick-off meeting provided an excellent opportunity for partners to exchange ideas, align expectations, and establish a strong foundation for successful collaboration throughout the project.

We Started Developing Project Resources

Following the successful launch of the project, we have already begun working on the first project results.

- **Self-Assessment Tools**

We started the development of three self-assessment tools that will help young people identify strengths and areas for improvement in their personal, organizational, and social competencies relevant to the workplace.

- **Development of the Training Program**

The consortium is currently designing ten learning modules that will help Generation Z strengthen their mental well-being, emotional resilience, stress management, emotional intelligence, communication, and collaboration skills.

- **Practical Guide for Employers and Managers**

Work has also started on a comprehensive guide designed for employers, HR professionals, managers, and work councils. The guide will address key topics related to mental health awareness, well-being, and the creation of supportive workplace cultures. It will also include inclusive leadership practices and employee engagement strategies tailored to Generation Z.



What Comes Next?

Over the coming months, the consortium will finalize the three self-assessment tools for Generation Z, the training program consisting of 10 e-learning modules, and the practical Guidebook for Employers and Managers.

At the same time, work will begin on the next set of digital learning resources, including:

- A dynamic online platform hosting all MIND THE GAP learning resources,
- Podcasts and educational videos,
- A collection of good practices from across Europe.

We will also prepare and organize pilot testing activities with end users to ensure that all resources are practical, engaging, and relevant to the needs of Generation Z and workplace stakeholders.

Follow Our Progress

Stay connected and follow the latest project developments, resources, and upcoming activities:

Website: www.mindthegap-genz.eu

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