

# NEWSLETTER 4



## It's time to reflect...



### LOTUS: Resilience in VET Education

With the LOTUS Project drawing to a close, we are proud to leave behind a legacy of tools, training and educational resources that will continue to support VET professionals and learners in building resilient and future-ready career paths.

Over the past 2 years, the LOTUS consortium has worked diligently to build the resilience, digital and career management skills of both VET professionals and learners. We are delighted to share that:

**More than 100 VET professionals** participated in our In-Service Training Programme gaining new digital pedagogical tools, career management strategies, and enhanced competence in online and hybrid education; with many achieving the LOTUS Digital Champion micro-credential.

**120 VET learners** engaged with our Career Management Toolkit and resilience-building MOOC supporting their transitions into the workforce with confidence and clarity. An online journaling tool was also introduced to foster mindfulness, mental health and resilience.

**Multiplier Events** were held in each partner country reaching hundreds of stakeholders and showcasing the impact of LOTUS through seminars and live demonstrations of the LOTUS Platform available in all partner languages.



# Project Highlights

## LOTUS In-Service Training Programme:

This modular 3-day programme is designed to empower VET educators to upskill in digital learning, content creation and learner-centred pedagogies. Built around micro-credentials, it offers long-term professional value for teachers adapting to the digital VET landscape.

**Career Management Toolkit:** A set of up to 18 interactive infographics designed to help VET learners prepare, search and secure meaningful employment is online and freely available to use. Each resource includes QR-enabled links to bite-sized digital lessons, enhancing independent learning and career literacy.

**Resilience Building MOOC:** Our 12-hour self-paced course based on the 3P model of resilience: personalisation, pervasiveness and permanence provides practical strategies for stress management, navigating uncertainty and emotional well-being.

Open access to our online journalling tool can also be found on the MOOC – <https://lotusmooc.eu>



## Working as a Team

The success of LOTUS is a testament to the strength and synergy of our partnership, with organisations from Ireland, Portugal, Croatia, Austria, Czech Republic, and Italy working collaboratively to develop impactful educational tools and resources. From training sessions in Lisbon to national pilot workshops and final Multiplier Events, the LOTUS Project has grown into a vibrant example of innovation and cooperation supported by the Erasmus+ Programme.

Stay connected with our work by visiting: [www.project-lotus.eu](http://www.project-lotus.eu)

Follow us on Facebook and Instagram: @LOTUS Project



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