

## DETAILS OF THE SECOND WORKSHOP OF 2019

### MISKOLCTAPOLCA

The location of the Miskolctapolca Workshop was the Calimbra Wellness and Conference Hotel.

The Workshop held exciting presentations, mainly about the opportunities to spread project management experiences and knowledge, and the opportunities to teach project management knowledge, systematic thought process perspective and critical thinking aptitude.

The Workshop was organised with the participation of the EUROPÉER Foundation, the Slovakian partner organisation Selye János University's representatives, and representatives of interested organisations. Mainly, local foundations, family protection organisations, local firms' education experts, education institutions, etc. Later, they joined a discussion about opportunities to utilise the PLM method in a moderated panel.

The representative of the Slovakian partner organisation, Dr. József Poór also held an exciting and unique presentation in Miskolctapolca. In his presentation, he detailed the challenges of the XXI. Century's ever-changing World, such as the technological development's general uncertainty, the different demands of different generations, the complexity of decision processes, and the efficient management of our limited resources. This latter topic, in essence, health preservation as the efficient management of resources was the core of the topic of his presentation, as health is our most valuable asset.

Yoga, as the elixir of the body and the soul was introduced with all its positive effects. Yoga is a movement, a health preservation act, a healing process, a self-introduction, and a spiritual development at the same time, which can move our lives forward.

In his presentation, he stressed that more and more employees realise the importance of health preservation, and focuses on the workplace health preservation programmes.

Traditional work- and health security methodologies weren't the only topic, as a new, novel enterprise logic of managing employees post-worktime is also on the rise. This perspective may help the employer and the employee to be more ethically intertwined with their commitments, the employer in keeping a healthy employee, and the employee to strengthen on the labour market. Reason being, the physical and mental health of employees have an effect on the efficiency of work, and indirectly, the performance of the company.



The workshop made it possible to create and strengthen international relations as well, building a cooperative network.

Photo documentation:

<http://www.projectlifemanagement.eu/galeria/>

Related blog posts:

<http://www.projectlifemanagement.eu/en/yoga-as-a-project-for-health-preservation/>