

## DETAILS OF THE SECOND FIELDWORK OF 2019

### KOMÁRNO

The “host” of the fieldwork was the Slovakian partner organisation Selye János University. The fieldwork was organised with the participation of the EUROPÉER Foundation’s representative, and representatives of organisations and firms (according to the participant roster) that have courses and realise programmes.

Nowadays’ ever-changing World necessitates that physical and spiritual renewal, stress-free work and personal efficiency not contradict each other. They are more building on top of each other, and complement one another. These capabilities are important both for organisations and private individuals.

Lately, the importance of financial knowledge is becoming more and more pronounced as well, and to manage our income and expenditures with proper awareness. As part of the fieldwork, participants had detailed discussions about this, partially by including external professionals into the mix. Furthermore, participants got to know a new method named World Café.

The fieldwork offered opportunities to

- introduction for the participants
- introduction of the transnational cooperation programme
- hold the following presentations
  - o How to manage stress
  - o Yoga, three thousand years of history’s efficient tool in personal physical and spiritual renewal
  - o Economise smart – aware financial management
  - o The World Café method
- and to demonstrate, the group work application of the latter.

Participants agreed that nowadays, one of the most important challenges of companies is to find, employ and keep the fitting human resource. This topic matches human resource management within the scope of project management. The increasing competition between firms is also increasingly pressing the employees, resulting in stress, and the escalating importance of efficient work and keeping a fresh mind.

Stress management and mental freshness are important (goals) for both employees and firms. Firms may offer their employees programmes aiming to teach proper techniques to reach these goals, which also generates themselves an edge in competitiveness.

Employees can also use these techniques in their private lives to gain advantages. It was always important for private individuals to create and manage their own wealth, however, nowadays' accelerating scope of opportunities made this even more important. Therefore, it's a must to know a cost management perspective and toolset, and learn its use. Cost management is a knowledge area of project management.

Due to the importance of the abovementioned topics, the education side also needs to prepare and aim to satisfy the organisational and individual client side's demands, either by new education curricula, or by working out new methods. The project management perspective and toolset may prove applicable to this, knowing how it also shows correlations between knowledge areas, and handles connections too.

At the conclusion of the fieldwork, the participants evaluated the day's programme, offered the opportunities for their own organisations to employ the World Café method, and held a detailed discussion about its potential opportunities of use, and its related pros/cons.

The fieldwork also 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/thinking-and-talking-together-methodology-of-world-cafe/>

<http://www.projectlifemanagement.eu/en/world-cafe-leading-us-back-from-virtual-to-real/>