



Welcome to the 2nd edition of the R.I.S.E. (Raising Inclusion and Skill for Employment) newsletter!

Project R.I.S.E. has had an eventful start of the year. The online theoretical session in January was the bridge between our event in Amsterdam in September 2022 and the one in March we wrapped up in Malta. It was an engaging day with participants from Spain, The Netherlands and of course Malta. The learnings from previous sessions were tested and reinforced in practice by interactive exercises including how to build a Lego structure with only verbal instructions. This became an interesting challenge not only in communications, collaboration, creativity and critical thinking but also when the group leaders were exchanged halfway through the exercise.

As professionals working in a dynamic field, we also spend time on how to take care of personal well-being in a professional environment. Being educated and having regular skill updates to perform as a professional is one thing but how do you take care of yourself while taking care of others?

We have launched the platform and are currently working on creating the training modules that will be online as of next week. The content is completely open and accessible to everyone! The 6 training modules focus on: Introduction to soft skills - Effective Communication - Teamwork - Leadership - Personal and professional well-being - Time Management and Decision Making.

[Download it online!](#)

Here's a look at our event held in Malta



Time has flown since UIF (Netherlands), AcrossLimits Ltd (Malta) and Instituto Ikigai (Spain), joined forces to roll out this project in March 2022. Meanwhile, a year has passed and we have a few months to go for further rollout and fine-tuning of the quality of the project. AcrossLimits have been working on ensuring that RISE meets and exceeds stakeholders' expectations while ensuring that the project complies with EU regulations and standards. Quality Assurance is an ongoing process throughout the project lifecycle and is an imperative part of identifying and addressing issues early to continue to improve the project.



This is a quick recap of our project's achievements so far with three partners in a small-scale project and the journey continues.

We wish you a lovely spring and we look forward to sharing a final update after summer!

- Ghita, Senfer and Cristina

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