

RESULTS RESEARCH STUDY

PILOT TRAINING



With a subsidy from Erasmus+ for a small scale partnership, we put our hands together to highlight the importance of Meaning in Life for people in general, and vulnerable people in specific. This project is an international cooperation between three organizations (HVO-Querido based in Amsterdam The Netherlands, WFX formations based in Marseille France and Ithaca based in Athens Greece). We developed a training for professionals in the field of social work to give them tools to create awareness and provide tools to start a conversation about Meaning in Life with service users. A research study was conducted on the effectiveness of the pilot training.

RESEARCH AND METHOD



QUESTIONNAIRE BEFORE TRAINING

OCT/NOV 2024



QUESTIONNAIRE AFTER TRAINING

OCT/NOV 2024



FOCUSGROUP

NOV/DEC 2024



RESULTS

FEB 2025

PARTICIPANT STATES



HVO-Querido (Amsterdam), Ithaca Laundry (Athens) and WFX Formations (Marseille).

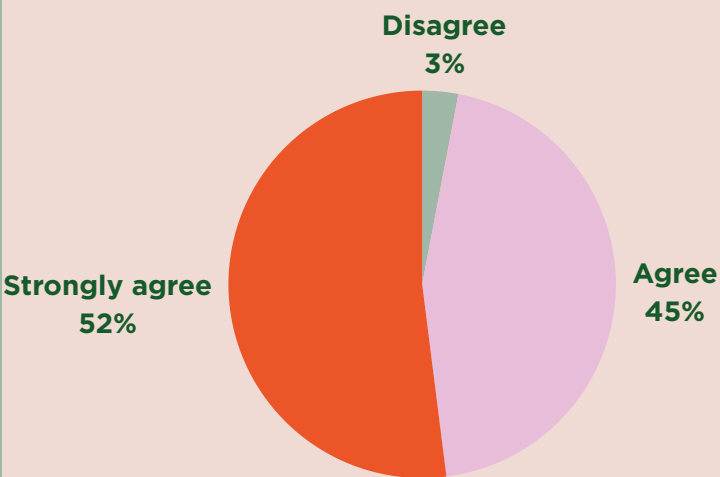
PARTICIPANTS



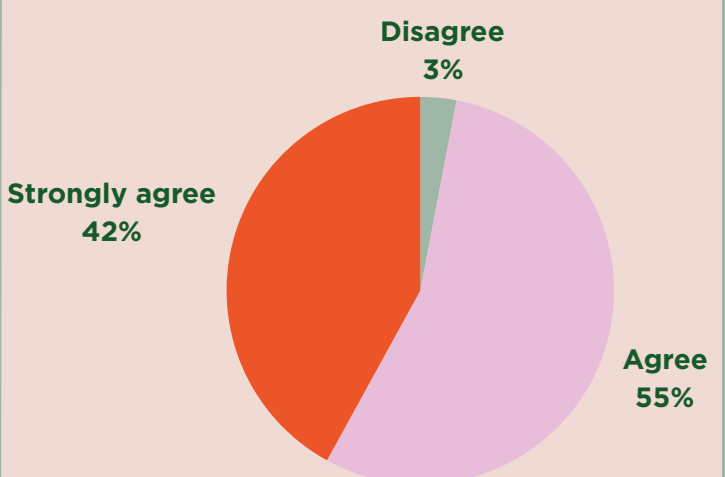
In total 30 professionals participate the research study.

RESULT 1

I HAVE MORE KNOWLEDGE ABOUT THE TOPIC MEANING IN LIFE AFTER THE TRAINING

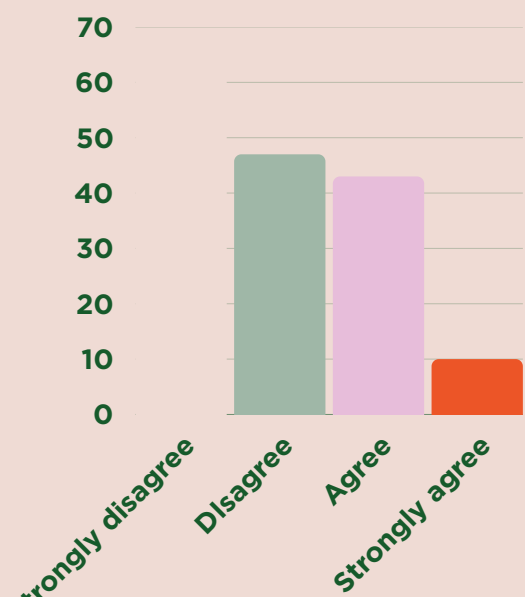


I FEEL MORE COMPETENT TO DISCUSS WITH SERVICE USERS WHAT GIVES THEM MEANING IN LIFE AFTER COMPLETING THE TRAINING

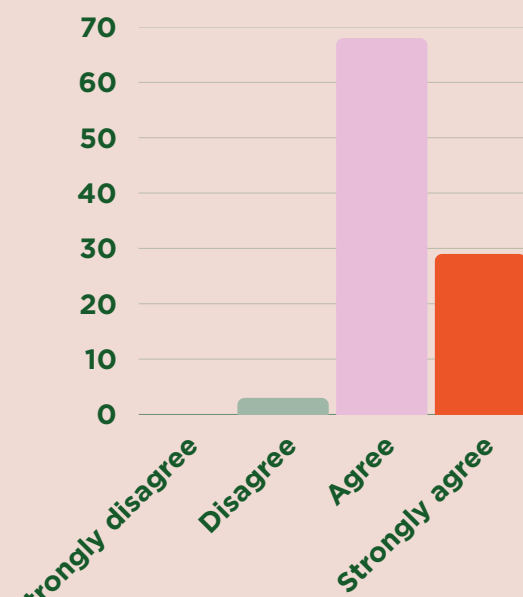


RESULT 2

I HAVE ENOUGH SKILLS TO DISCUSS WITH SERVICE USERS WHAT GIVES THEM MEANING IN LIFE



BEFORE THE TRAINING



AFTER THE TRAINING

97% of the participants state that after the training they have enough self-confidence to discuss the topic with service users, compared to 76% before the training.

RESULTS RESEARCH STUDY PILOT TRAINING



CONCLUSION

Participants



have gained **more knowledge** on the subject of meaning in life, **feel more competent**, and have more **self-confidence** to discuss this topic with service users.



engaging more with the topic both at work and in their personal lives, and are discussing (or attempting to discuss) the subject more frequently with service users.

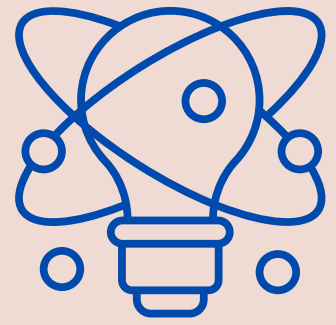


have more tools and resources to address the topic with service users, like the game tool to start the conversation about Meaning in Life.

RECOMMENDATIONS

- More attention how to (make) time for conversations about Meaning in Life.
- Develop the game-tool to suits more on different target audience.
- Expand tools in a toolkit to use for different conversation and a broader range.

FOLLOW UP: BASED ON THE RESEARCH RESULTS



Adjusting the tools and training based on the recommendation.



Embed the training program in the organizations to advance the expertise in Meaning in Life.



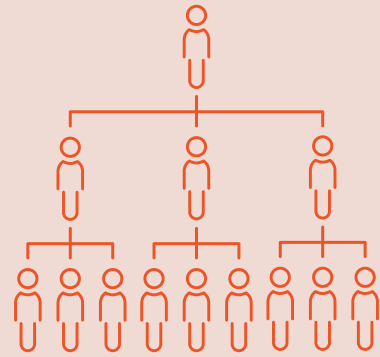
Advance and disseminate the expertise in Meaning in Life



Develop access to an e-learning training program



Create more impact with the train-the-trainer method the scope increase: If we train **30** professionals, they can reach \approx **90** service users. When **90** professional trained \approx **270** service users.



GOT INSPIRED AND WANT TO KNOW MORE ABOUT THE MOTION THROUGH AWARENESS?

Check this project, the tools, the other outcomes of the project and the complete research results.

[WFX Formations](#) [HVO-Querido](#) [Ithaca Laundry](#)

[LinkedIn/MotionThroughAwareness](#)

[European Project Result platform](#)

