

WORLD DAY FOR

Health & Safety at Work

28 APRIL '26

Every year the ILO commemorates this day, focusing on a timely theme related to occupational safety and health.

Contact Options

[15' Online Meeting](#)

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This year, the theme focuses Focus on Mental Health, Psychosocial Risks and the Objective:
To promote a culture of prevention in which organizations take measures to ensure safe and healthy working conditions while also protecting employees' mental wellbeing.

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Learn how to stay
effective, clear, and in
control - even in
demanding situations.



**Understand how
constant pressure
impacts focus,
decision-making,
collaboration, and
overall performance.**

Resilience at Work: Staying Effective Under Pressure 60'

While pressure is part of everyday work, when it becomes ongoing it can lead to overload, reduced clarity, and increased risk of mistakes.

- Understanding how stress works in the workplace
- Recognizing early signs of overload
- Managing pressure to support performance & teamwork
- Real-time stress regulation techniques
- Simple habits to build everyday resilience

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Learn how to manage
your focus-not just your
time.



**Build simple, effective
habits to stay
focused, reduce
errors, and perform
at your best.**

Focus & Mental Clarity in a Distracted World 45' Theory & 15' Breathwork

When attention drops,
mistakes increase, energy
drains faster, and
productivity declines.

- Attention management over time management
- Micro-focus strategies for busy workdays
- Prioritization & anti-procrastination techniques
- Energy management to sustain performance

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Learn how to reset your
mind and regain control
of your attention.



**Understand how
digital overload
affects your focus,
stress levels, and
mental performance.**

Digital Detox for Productivity & Wellbeing 60'

Constant notifications, multitasking, and excessive screen time reduce concentration, increase fatigue, and impact overall wellbeing.

- Managing digital overload & interruptions
- Cognitive recovery techniques for mental clarity
- Setting healthy boundaries with technology
- Simple habits to improve focus and energy

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Contact us for more info
on [Car Ergonomics](#) &
[Factory Ergonomics](#)



Real Client Case Study



**Understand the risks
of modern desk work
on your body, heart,
and brain.**

Ergonomics for the Digital Era

30' Theory & 30' Stretching

In today's digital and hybrid work environment, prolonged laptop use and poor posture can lead to musculoskeletal strain, reduced circulation, and mental fatigue.

6 practical tips:

- Safe laptop posture & screen positioning
- Neck & back strain prevention
- Micro-movement strategies to break sedentary patterns
- Eye-resting techniques for screen fatigue

Upgrade your daily work habits and workspace setup to support long-term health and performance.