

## Title of BIP:

### **Beyond the Game : How Prioritizing Employee Health Boosts Business Performance** -The Power of Wellness-

#### General information

#### **Objectives and Description**

##### **Objectives:**

Knowledge and insight:

- The participants will achieve a mission within enterprises concerning performance and wellness challenges in organizations
- The participants will apply their knowledge and explore wellness as a human need *and* as a business advantage- how physical vitality, mental clarity, and emotional resilience fuel engagement, innovation, and sustainability—at every level of the organization

Soft skills:

- The participants will prove to be open minded in trans-cultural settings
- They will learn from other cultures and encounter other cultures respectfully
- The participants will communicate in English in a cross-cultural professional context

##### **Description:**

Employee wellness, to truly foster a positive impact, needs to address mental, emotional, and physical health. It is essential to recognize that these aspects are interdependent, and neglecting one can inevitably affect the others.

Chronic physical ailments can lead to stress and mental health problems, while chronic stress can lead to severe physical health issues. Similarly, emotional well-being plays a vital role as it can directly impact an individual's physical and mental health. This understanding illustrates that the concept of wellness is a multi-faceted one, and it should be treated as such in workplace wellness initiatives.

Promoting a culture of wellness begins at the top. When leadership actively participates in and supports wellness activities, it sends a strong message throughout the organization. It shows that the company genuinely cares about its employees' wellness and that maintaining good health is not just encouraged but expected.

The project aims to create a personalized e-book addressed to the business environment that will include in a video/audio format a set of initiatives to encourage regular physical exercise, promote balanced diets and discourage harmful habits, such as smoking, as well as stress management seminars, mindfulness and meditation workshops that can be integrated into the work routine to help employees better manage their mental and emotional health.

<p><b>Methods and outcomes:</b></p> <p>Methods:</p> <ul style="list-style-type: none"> <li>lectures, e-lectures, debates, workshops, onsite team work, virtual teams</li> </ul> <p>Outcomes:</p> <ul style="list-style-type: none"> <li>E-book -video, audio podcasts</li> </ul> <p>The participants operate effectively within a multicultural team environment demonstrating team-building and intercultural communication skills</p>
<p><b>Field of Education:</b></p> <p><b>Sport &amp; HRM</b></p>
<p><b>Target audience / Participants profile:</b></p> <p>Students (bachelor, Master, PhD Candidates), professors and staff</p>
<p><b>No of ECTS issued:</b></p> <p><b>3</b></p>
<p><b>Language of instruction and requirements:</b></p> <p>English</p>
<p><b>Dates for physical activity:</b></p> <p><b>23 March –27 March 2026</b></p>
<p><b>Location of physical activity:</b></p> <p>UVT Parvan 4 street COMPANIES/ SPA CENTERS / SPORT CENTERS located in Timis region</p>
<p><b>Dates for virtual component:</b></p> <p><b>Week 1- 18-20 March 2026</b></p> <p><b>Week 3- 30 March-01 April 2026</b></p>
<p><b>Virtual Component Description:</b></p> <p><b>Week 1</b> Online lectures delivered by international/ national/local scholars Online trainings delivered by international SPORT&amp; HRM experts</p> <p><b>Week 3</b> Individual research and SPORT&amp;HRM virtual laboratory in virtual teams Final presentation of outcomes by each team in virtual environment</p>

### Organizing Board

#### Receiving/Host university:

**West University of Timișoara, Romania**

**Co-coordinator: Faculty of Physical Education and Sport, Romania**

Conf. Dr. Adrian Nagel

Conf. Dr. Nicoleta Mirica

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**Co-coordinator: Faculty of Economics and Business Administration, Romania**

Conf. Dr. Habil. Abrudan Denisa

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#### Sending/Partner universities:

**P1. Charles University, Faculty of Physical Education and Sport, Czech Republic**

Dr. Zuzana Janáková

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**P2. University of Murcia, Faculty Sport Science, Spain**

Dr. Salvador Angost Sanchez

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### Detailed programme

During the programme virtual and physical components , the project will have guest lecturers and speakers from universities from: PORTUGAL, INDONESIA,....

#### 1.Planned activities during Virtual Component:

##### **Week 1**

**18th- 20th March 2026**

Get to know each other-teambuilding (ice breaker)

Company & Sport center presentations; Presentation the challenge from the company

Online lectures delivered by international/ national/local scholars

Online trainings delivered by international SPORT&HRM experts

##### **Week 3**

**30th March-01st April 2026**

Team work presentations to other groups

Teachers feedback

Outcomes

Final presentations to the jury : reprezentatives of the company&sport center, teachers

**2.Planned activities during Physical Component:**

**23th March-27th March 2026**

**1<sup>st</sup> day:**

Get to know each other - teambuilding

Timisoara city tour

**2<sup>nd</sup> day:**

Visiting the company/ SPA center/ Sport center; Challenge from the company

Teamwork

**3<sup>rd</sup> day:**

Visiting the company/ SPA center/ Sport center; Challenge from the company

Teamwork

**4<sup>th</sup> day:**

Visiting the company/ SPA center/ Sport center; Challenge from the company

Teamwork

**5<sup>th</sup> day:**

Trip / Extracurricular activities

**Application procedure**

fill in application form available here: *to be generated later*