

NEWSLETTER

NATURE HEAL:
EMPOWERING WOMEN'S
WORKFORCE
REINTEGRATION THROUGH
BIOPHILIC LEARNING



NATUREHEAL

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Kick-off Meeting Nature Heal · Alicante (TPM1)

In Alicante, at Nayad place, the kick-off meeting of the European project Nature Heal took place. This meeting was a key moment for consortium coordination and for defining the methodological and organisational foundations of the project.

Three countries, one common objective: inclusion, equal opportunities and women's empowerment.

The start of a European project

During the Kick-off Meeting held in Alicante, the Nature Heal project officially started. Nature Heal is a European project co-funded by the Erasmus+ programme, aimed at supporting the labour reintegration of women after a cancer process.

This first meeting allowed the consortium to align, define objectives, roles and a working timetable, and to begin the development of the Handbook and the Toolkit, which will serve as the main methodological resources of the project.

Nature Heal is conceived as a human, non-clinical and respectful project, where each process is unique and focused on the real needs of the participants.



NAYAD – Grupo de Estudios (España)
Creative Station (Serbia)
Nova Vizyon Derneği – NOVI (Türkiye)

01/02



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What is Nature Heal?

Nature Heal is a European project aimed at women aged between 30 and 65 who are facing labour reintegration processes after cancer, addressing emotional, social and professional dimensions through nature-based learning methodologies.

The project is developed through non-clinical activities, in structured and safe group contexts.

Why this project?

Many women experience difficulties returning to employment after cancer, such as persistent fatigue, insecurity or lack of understanding in the work environment.

Nature Heal responds to this need through an educational approach that supports the recovery of confidence and preparation for professional reintegration.

How do we work?

The project is based on participatory methodologies that promote:

- Attention and presence
- Active listening
- Group interaction
- Experiential learning



Expected impact



- Improvement of emotional resilience
- Strengthening of confidence and soft skills
- Progressive preparation for labour reintegration
- Exploration of new professional opportunities
- Promotion of women's empowerment and social inclusion

02/02



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