

BOOST Project - FINAL CONFERENCE

23 May 2023

Speakers:

Sara Brazys - Scientific Programme Officer, H2020 & Horizon Europe at Health and Digital Executive Agency (HaDEA), BOOST Project Officer



Dr. Sara Brazys, a medical doctor by background, is currently a Project Adviser at the European Health and Digital Executive Agency, established by the European Commission in 2021. With over five years of experience working in EU Institutions, she has expertise in research grant management and European research policies and programmes, such as Horizon 2020 and Horizon Europe, with particular focus on mental health and health promotion and disease prevention.

Stine Hellum Braathen - BOOST scientific coordinator, SINTEF



Stine Hellum Braathen is research manager at SINTEF in Norway, and scientific coordinator of the BOOST project. She has a background in anthropology, holds a PhD in Psychology from Stellenbosch University and has extensive research experience in the fields of mental health, vulnerability and disability in Europe and southern Africa.



Maria Walsh – MEP (European People’s Party, Ireland)



As a Member of the European Parliament for Midlands North-West since 2019, Maria sits on the EMPL, CULT and LIBE Committees as a member of the EPP. Maria has been an active advocate and campaigner for diversity and social inclusion for many years. She always takes stances on policy and legislation that align with her values of inclusion, equality, and respect, even if this entails some difficult conversations. As a Co-Chair on both the Mental Health Alliance and the Coalition of Mental Health and Wellbeing Intergroups in the Parliament, Maria is dedicated to raising the cross-sectional impacts of mental health throughout her policy work. Mental health is at the centre of every conversation with Maria and she consistently engages with EU citizens on the impact of mental health on their everyday lives. Maria is leading the call for an EU Year of Good Mental Health to ensure that we are prepared for the oncoming mental health crisis which will follow the pandemic.

Robert Florkowski – BOOST consortium member, AWF Poznan



Robert Witold Florkowski graduated with degrees in physiotherapy and clinical psychology. Earned a doctorate in sociology. For a decade he practiced as a clinical psychologist/psychotherapist in the Republic of South Africa and New Zealand. His main theoretical framework in the domain of psychotherapy is the Rogerian, Person-Centered Approach. For the next over two decades conducted research and lectured at universities in Poland and, as a guest lecturer, in other European countries. His theoretical interests and practical experience include psychology, psychopathology, psychotherapy, sociology, education, and intercultural communication. Alongside this, he is interested in styles of characters, personality disorders, and their complex consequences (e.g. dark triad, hubris syndrome, mobbing, social phobia). He enjoys inter alia cycling, skiing, sailing and sky sailing.

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Agata Wiza – BOOST consortium member, AWF Poznan



Dr hab. Agata Wiza, assistant professor at the Department of Pedagogy, Poznań University of Physical Education, Poland. Her research interests revolve around the non-formal education through tourism (backpacking). She completed courses such as “Basic procedures of psychological help,” “Transaction analysis and its use in education,” “The improvement of the methodology of education classes,” “Workshops concerning making projects and evaluating educational activities,” “Reviewing skills for experiential training.” She also worked as a school counsellor at primary schools and organized Ośrodek Profilaktyki Niepowodzeń Szkolnych for children with learning difficulties and emotional problems. She is currently

participating in the project “Building social and emotional skills to BOOST mental health resilience in children and young people in Europe” (Horizon 2020, No. Grant Agreement: 755175, Acronym: BOOST).

Gloria Azalde - BOOST consortium member, SINTEF



Gloria Azalde is a public health researcher working in SINTEF, Norway. In the BOOST project, she is both project coordinator and work package leader for the process evaluation of the BOOST approach. Her research interests span all aspects of promotive and primary preventive action, including policies, community action, behavioural changes or access to services, which can be employed to enable people to have and maintain good health.

Eva M. Romera Félix - BOOST consortium member, University of Córdoba



Eva Romera (Ph.D., University of Cordoba, 2009) is Professor of Developmental and Educational Psychology and Director of the Social and Behavioural Sciences research unit of excellence at University of Cordoba (Spain). She is member of the research team Laboratory of Studies about Convivencia and Violence Prevention (www.laecovi.com), directed by Professor Rosario Ortega-Ruiz. Her research interests include the study of both individual and contextual variables associated with peer relationships, such as social and moral competence, motivation, social and normative adjustment, group norms, school violence (bullying and cyberbullying), and quantitative methods for developmental research (longitudinal data analysis, social networks). She is the co-editor of the journal Psychology, Society & Education (<https://www.uco.es/ucopress/ojs/index.php/psye>) and a member of the Scientific Committee of the International Observatory for School Climate and Violence Prevention (<http://institucional.us.es/ioscvp/>).

Dr. Nils Lundin - BOOST Advisory Board Member, Skane Care Sund



Nils Lundin is a paediatrician and school physician and has a diploma in public health. During the past 30 years he has been sharing his workload between the school health arena and the adolescent health outpatient department in Helsingborg, Sweden. Nils is a tutorial for school physicians in several cities over the country. He has also been manager for the school health services in the city and for a paediatric outpatient department, as well as for child psychology outpatient department. Nils is adviser in school health services to the National Board of Health and Welfare and has also been an expert advisor to The Swedish Crown Princess Couple's Foundation. He was also a project leader for a scientific project with a PhD-student that



illuminated the circular evidence between succeeding in school achievements and achieving good health.

Kjetil Gulsrud Lundemoen – BOOST consortium member, Modum Municipality



Kjetil has been working in Modum Municipality for eight years on innovation and development of the schools. Before this, he was a project manager and leader of several social development initiatives and projects. Working towards a better and more sustainable society has always been the center of his efforts.

Ida Laudanska-Krzeminska – BOOST consortium member, AWF Poznan



Assoc. Prof. Ida Laudanska-Krzeminska specializes in health education and health promotion. Her research interest and expertise revolve around the didactic of health education, health promotion programmes and interventions. Since 1993 she has been actively involved in research onto changes in health behaviour patterns among children, youth, adults, disabled people. She has been involved as an expert in projects funded by the European Union, such as HELLP - Health as a Longlife Learning Process, DEDIPAC - Determinants of Diet and Physical Activity Knowledge Hub to integrate and develop infrastructure for research across Europe, and of course BOOST - Building social and emotional skills to BOOST mental health resilience in children and young people in Europe. She was also a member of the board of Regional Health Promoting Schools Network. She was an expert in national program “Active back to school” which help to improve and monitor the physical condition of children and adolescents after returning to stationary classes - to fight the effects of the coronavirus pandemic.

Olga Gomez Ortiz – BOOST consortium member, University of Córdoba



Olga Gómez Ortiz (<http://olgagomezortiz.es/>) work as an associate professor of the Department of Psychology of the University of Córdoba. She has published many scientific articles and various book chapters focused, many of them, on the analysis of parenting styles and social competence as elements of influence on the development and psychosocial adjustment of children and adolescents, and particularly on involvement in bullying. She is currently coordinating two scientific project: the European BOOST project with reference 755175 (whose aim is to develop and innovative approach to increase resilience and mental health in primary students promoting social and emotional competence and

to test the effectiveness of this approach) and other financed by Spanish Government (reference PSI2019-111241RA) that seek to examine the emotional impact (guilt, stress...) that parents feel when they can't reconcile well family tasks with those of other spheres (work, leisure, self-care...) and its possible causes and individual and social consequences.

Åse Marit Hovden – BOOST consortium member, Viken county



Åse Marit has long-standing experience from working in different projects regarding mental health and well-being, physical activity and nutrition in school and kindergarten. In addition, she is involved in projects focusing on cross-sectoral work with municipalities and research institutions within public health to develop new measures of health promotion work.

Elżbieta Leszczyńska – BOOST Advisory Board Member, Adam Mickiewicz University



Elżbieta has been working for over 25 years as a lecturer at the Adam Mickiewicz University in Poznań – Faculty of Educational Studies - teaching prospective teachers. Her main areas of interest are – teachers' education and training, ethics in the teaching profession, and the European dimension in education. She also has years of experience working in the regional office for school inspections as a Chief of school inspectors in Wielkopolska Region. She was responsible for quality of education, external school evaluation and pedagogical support for teachers. In the years 2011-2014 and 2016-2020, **Elżbieta** participated in the works of EC Working Groups on „Early School Leaving” and „Schools”. Their main task was to develop recommendations for the educational policies of the member states. Since 2017, she has been a member of Advisory Board in BOOST project promoting social and emotional learning in primary schools.

Johannes Theiner – BOOST Advisory Board Member, European Parents' Association



Johannes Theiner has been a Parents' Representative on class and school level since Oct. 1991. He was Head of the Viennese Parents' Association for Secondary Schools from 2006 to 2013, representing parents on regional and state level as Austrian representative in the European Parents' Association (EPA). In the capacity of President of the European Parents' Association from 2009 until 2013, Johannes was a member of the European Commission's high level working group against Early School Leaving. After his presidential period, he continued to support EPA as Ambassador and EPA-delegate to the BOOST Advisory Board. Mr. Theiner's years in European dialogue, especially in the Lifelong Learning Platform, opened his eyes to a general view on learning as a vital and holistic process in human life. The BOOST-approach linked to his personal experience with successful and failing projects ("Soziales Lernen" – a programme by the "Viennese board of education", school project "SELE - Selbstverantwortliches Lernen" submitted to EPA's Alcuin Award in 2006). He is critical towards the lack of concepts in all European school systems for the importance of some key competences from the LLL-catalogue namely "Learning to Learn", "Social Competence" and "Citizenship-Competence".

Francesca Centola – Policy and Knowledge Officer, Mental Health Europe



Francesca is Policy and Knowledge Officer at Mental Health Europe (MHE), European non-governmental network organisation committed to the promotion of positive mental health, the prevention of mental health problems, the improvement of mental health care. Francesca holds a master's degree in International Relations and Diplomatic Studies with further specialisation in International Protection of Human Rights. She has been working for EU membership-based networks for more than 10 years, influencing European and national policies so that everybody can fully enjoy their human rights and thrive. In her previous position as Coordinator of the activities with and for young carers at the European association Eurocarers, her main responsibility consisted in ensuring that every activity about young carers was co-designed with them (experts by experience). In January 2022, eager to advocate for a right to health which includes mental health, she joined MHE. She is actively involved in MHE's call for a European Mental Health Strategy, based on a "mental health in all policies" approach.



**Anna-Maria Giannopoulou, Deputy Head of Unit, Unit B2 “Schools and Multilingualism”,
DG EAC, European Commission**



Of Greek nationality, Anna-Maria studied English Literature and Applied Linguistics at the University of Athens and Edinburgh and spent 20 years as a teacher, teacher trainer, university lecturer, director of studies and manager in secondary and tertiary educational institutions in the UK, Greece, Hungary and Belgium.

She began her career in the European Commission in 2003 and worked she worked on policy coordination and briefings for the Commission President. In 2012, she joined the Directorate-General (DG) of Education, Youth, Sport and Culture where she has worked on human resources and school education policy.





