



Please briefly present the organisation (e.g. its type, scope of work, areas of activity and if applicable, approximate number of paid/unpaid staff, learners).

AiCAN.ACADEMY SCE, is a social cooperative enterprise with the aim of promoting and supporting equality among all creatures of the planet. Founded in October 2020 by a group of 6 young and creative female entrepreneurs with their main vision of offering and supporting society, vulnerable groups, adults and our 4-legged friends in a personal and professional field. Our vision is a world without inequalities where people are in mental and emotional balance with themselves and the environment. Our mission is to create holistic education and coaching actions for the mental empowerment of people or groups, their inclusion and connection with themselves and the environment.

AiCAN.ACADEMY SCE promotes the reduction of inequalities through Emotional Leadership and Self-Awareness. At the same time through our actions we support the love for life and the care for animals. We promote self-awareness through emotional balancing and expression. AiCAN.ACADEMY is a Social Enterprise with educational, cultural and social purpose. We conduct seminars, personal sessions, speeches, retreats and we aim to strengthen the abilities and skills of individuals and professionals ... youths and youthworkers. We also provide services to companies, municipalities and social organizations. We actively participate in actions that raise awareness and impact society but also in vulnerable groups of it. At the same time we conduct educational projects that aim to empower people to boost their self awareness and improve themselves spiritually and emotionally. AiCAN.ACADEMY was founded in 2020 and since then we have provided 36 seminars and workshops where 675 people participated. Our goal is to offer a series of empowerment, self-awareness, and development services to upgrade and expand the personal abilities of individuals with the ultimate goal of upgrading the living, educational, self-awareness and spiritual level of life at a national and global level.

AiCAN.ACADEMY SCE orients its operation towards; • Entrepreneurship • Youths • Consulting • Training • Education • Youth Workers • Wellbeing • Mental Health

Our organization is committed to improving mental health, fostering personal growth, and promoting well-being in various communities. We specialize in providing coaching services, adult education leadership & self-development programs, youth work educational training, and initiatives focused on mental health support and workplace wellbeing. Our approach is centered on holistic and inclusive methods that aim to empower individuals to overcome challenges, enhance their skills, and improve their quality of life. We focus on creating safe, supportive spaces for personal development, mental health awareness, and overall well-being.

At the same time through our actions, we support the love for life and the care for animals. We seek to offer a series of empowerment, emotional, self regulation, self-awareness, and development services to upgrade and expand the mental health & personal abilities of individuals with the ultimate goal of upgrading the living, educational, self-awareness and spiritual level of life.

Mission Statement:

To empower individuals and communities to achieve their fullest potential by providing transformative, self-development coaching, holistic mental health support, youth engagement, and professional development programs that promote lifelong learning, emotional resilience, and well-being at work.

What are the activities and experience of the organisation in the areas relevant for this project?

Mental Health Support: We offer mental health coaching and counseling services, workshops, and seminars designed to raise awareness, provide coping strategies, and reduce stigma.

- **Coaching:** Our team provides one-on-one coaching for individuals and groups to help them achieve personal and professional goals, with a focus on mental wellness and resilience.
- **Adult Education:** We develop and deliver educational programs that aim to equip adults with skills related to mental health management, emotional intelligence, stress reduction, and life skills for personal and professional growth.
- **Youth Work:** We engage young people in activities that support mental health awareness, personal development, leadership, and building resilience through group coaching, workshops, and mentoring.
- **Well-being at Work:** Our initiatives help organizations create healthier work environments by offering workshops and consulting services focused on reducing burnout, managing stress, improving workplace relationships, and promoting overall employee well-being.

AiCAN Academy has developed a series of innovative educational programs, coaching methodologies and wellbeing tools designed to strengthen emotional intelligence, self-awareness, resilience, mental health literacy and personal development for adults, youth and professionals. Our methodologies combine experiential learning, holistic coaching frameworks, emotional regulation techniques and structured non-formal educational practices.

Key programs and methodologies include:

1. High Emotional Coaching™ Model: A signature coaching methodology designed by AiCAN Academy to help individuals, leaders, youth workers and professionals enhance emotional self-regulation, confidence, focus, resilience and clarity in demanding environments. It integrates principles from Jungian, Gestalt, Executive, and Spiritual Coaching and supports participants in identifying strengths, emotional patterns, and personal leadership styles.

2. Emotional Leadership & Self-Development Programs: Structured coaching and training modules aimed

at developing emotional leadership skills, self-awareness, mental resilience, communication abilities and personal empowerment. These programs support adults, young people and professionals in achieving emotional balance, personal growth and meaningful life direction.

3. Mental Health Awareness & Wellbeing Workshops: Interactive and experiential educational tools designed to promote emotional intelligence, healthy coping strategies, stress reduction, burnout prevention and psychosocial support. These workshops raise awareness, reduce stigma and provide practical wellbeing skills for individuals and organizations.

4. Youth Empowerment & Resilience Tools: Non-formal learning methodologies and activities created to support young people (15–30) in developing resilience, leadership skills, emotional literacy, life skills, and mental health awareness through coaching, mentoring, experiential workshops and community-based engagement.

5. Workplace Wellbeing & Stress-Management Frameworks: Curricula and training programs that support companies and organizations to cultivate emotionally healthy work environments. These include tools for burnout prevention, team communication, stress management, conflict resolution and emotional culture building in the workplace.

6. Coaching Simulations & Experiential Learning Modules: AiCAN Academy develops structured simulations, reflective exercises, educational cards, journaling tools, self-assessment frameworks and experiential practices used in training, coaching sessions and workshops for deeper internalization of learning outcomes.

7. Holistic Mental Health Support Tools: Non-clinical psychosocial tools for grounding, emotional processing, emotional release, mindfulness, self-regulation and wellbeing support, integrated into programs for adults, youth workers and vulnerable groups.

8. Leadership Development Seminars & Retreats: The Academy organizes thematic retreats and training events focused on emotional leadership, personal growth, team connection, mental health awareness and self-development through holistic and experiential approaches.

What are the skills and/or expertise of key persons involved in this project?

Our team consists of experienced mental health professionals, certified coaches, and educators with years of experience in mental health advocacy, adult education, and youth work. We have collaborated with various institutions and have successfully managed projects focused on promoting mental health, coaching, and well-being, both locally and internationally.

Alexandra Konstantopoulou (Founder founder & CEO - Trainer) is a Leadership & Self - Development Coach, adult trainer and Holistic Facilitator. Combining her knowledge in Executive, Jungian, and Gestalt Coaching, she supports managers, people in positions of responsibility in companies and organizations, youth workers and professionals who support humanity with their services, who wish to balance their personal and professional life. Recently, she created "High Emotional Coaching" through which she supports men and women of all business and professional sectors, specialized in Airport Managers, to become Emotional Leaders of themselves and in collaboration with Saville Assessment's "Wave" psychometric tool supports them to discover their strengths and weaknesses. For 10 years she has been empowering people to discover their Highest Potential and true-life purpose to achieve the new levels of spiritual well-being and emotional balance they desire. Her personal vision is for more and more people to discover their own point of emotional self regulation, balance, success, happiness, and spiritual expansion. At the end, she organizes educational programs aimed at self-awareness and development on a spiritual and emotional level and she contacts Leadership Development Emotional Self-regulation seminars, workshops, training and retreats.

You will hear her constantly telling you: "**Actually ... YOU CAN .. Anything YOU Want!**"

Georgia Demofanous (Trainer) is a Success and Executive Leadership Coach, works with people who want to bring success into their lives and specializes in the field of balancing professional and personal life through a holistic methodology. The goal is for everyone to live their own dream through which they will find happiness, creation and success together. She studied Chemistry, and then the product industry won her over. She obtained her MBA and she is a certified trainer from the HRDA. Today she belongs to the Global Academy of Coaching family and is a member of the ICF. After the announcement of a diagnosis and then with the arrival of her first child in her life, she determined to live it in the Dream. Her vision with a plan and purpose is for this world to become better, if not for us, for every child on this planet. Her driving force is, anything is

possible as long as you believe and act NOW.

You will hear her constantly telling you: "***Dreams are meant to be LIVED!***"

Irene Kargiolaki (Trainer) is a dedicated professional with a Master's degree in Human Resources from Tilburg University, earned in 2023. Her thesis explored the experiences of employees with mental health problems regarding presenteeism, reflecting her commitment to fostering a supportive workplace environment. She holds a Bachelor's degree in Business Economics from Aristotle University, completed in 2019. Irene is a Greek native fluent in English (C2) and proficient in Spanish (B2), with beginner skills in Korean. With expertise in ATS tools, MS Office, and 3D modeling, she excels in communication, organization, problem-solving, stakeholder management, and team collaboration.

You will hear her constantly telling you: "***Let's Do It!***"

Objectives of the Organization's Work:

- To promote mental health awareness and reduce the stigma surrounding mental health issues.
- To provide coaching and educational tools for personal and professional growth.
- To empower youth with the skills needed to lead and succeed in today's world.
- To support organizations in fostering healthy, productive, and positive workplace environments.
- To offer ongoing mental health support and guidance for individuals, organizations, and communities.

Objectives for Erasmus+ Partnership:

Through an Erasmus+ partnership, we aim to:

- Exchange best practices in mental health support and coaching methodologies.
- Develop joint training programs that promote mental wellness in the workplace.
- Create innovative, cross-border initiatives targeting youth and adult education with a focus on resilience, mental health, and well-being.
- Build lasting partnerships with organizations across Europe to foster collaboration and community-building around mental health and well-being.

Target Groups:

- Adults seeking personal and professional development
- Youth and young adults (aged 15-30) interested in mental health, leadership, and life skills
- Employees and employers looking to enhance well-being at work
- Communities in need of mental health support and leadership coaching
- Organizations that value mental health and life long learning initiatives in their workplace

Expected Impact:

We aim to create a positive and lasting impact by increasing access to mental health resources, improving workplace well-being, and empowering individuals and youth to lead fulfilling lives. We believe our work will contribute to the overall goals of Erasmus+ by promoting social inclusion, personal development, and mental wellness across Europe.

Services

High Emotional Coaching sessions & corporate trainings

Emotions | Confidence | Ability | Objective

A method that focuses on supporting the executive to adapt to constantly changing circumstances by focusing and maintaining a positive attitude. How does he/she do that? Learning during the coaching sessions to recognize, understand his/her emotions and manage them in such a way as to level up a higher level of commitment for him/her, the team and the entire organization.

Who is High Emotional Coaching for?

Entrepreneurs, Business executives, Youth workers Professionals and workers who wish increase their productivity and efficiency. to de-stress and

Previous Experience

No	Project Title	Project ID	Action	National Agency	Period	AMOUNT
1	Green Future: Youth Workers for Sustainable Technoliges	2025-1-TR01-KA153-YOU-000300217	KA153-YOU – Mobility of Youth Workers	Turkey	01/06/2025 – 31/05/2026	€28,588
2	Think Green, Click Smart, Act Digital	2025-3-PL01-KA152-YOU-000387270	KA152-YOU – Youth Exchange	Poland	01-04/2026 - 01/04/2027	€29.958

