



INFOPACK



EI with AI (Emotional Intelligence with Artificial Intelligence) An Erasmus+ KA153 Youth Workers Mobility Project

Welcome to EI with AI! (Emotional Intelligence with Artificial Intelligence)

Welcome to the "EI by AI" project, an innovative initiative aimed at empowering youth workers to enhance the emotional resilience and well-being of young people through advanced artificial intelligence (AI) tools. Together, we will explore how AI-driven solutions can foster emotional intelligence to address the challenges faced by today's youth.

Project Objectives

Our project is designed to achieve four key objectives:

First, we aim to enhance the emotional intelligence skills of youth workers by providing them with specialized training on well-being and emotional resilience practices. This foundational training will empower them to better understand and address the emotional needs of the youth they work with.

Second, we will introduce innovative AI tools to support this mission. A core deliverable of the project will be the development and pilot testing of a personal AI-powered emotional resilience coach. This tool will be specifically tailored to help young people manage their emotional well-being effectively.

Third, inclusivity is at the heart of our project. We seek to target youth who traditionally have limited access to mental health and well-being resources, ensuring that our solutions reach those who need them the most.

Finally, sustainability is a critical focus. By creating scalable and accessible tools, we aim to ensure the long-term usability of the resources developed, benefiting youth workers and organizations well beyond the project's duration.

Why EI with AI?

In today's fast-paced world, young people face numerous emotional and mental health challenges. Access to well-being resources is often unequal, leaving many without the support they need. The "EI with AI" project bridges this gap by equipping youth workers with tools and strategies to provide personalized support through AI technology.

Expected Outcomes

1. AI-Powered Personal Resilience Coach:

- A user-friendly tool to assist young people in managing emotions, building resilience, and fostering self-awareness.

2. Resource Kit for Youth Workers:

- Comprehensive materials including training manuals, AI tool guides, and workshop templates.

3. Improved Emotional Intelligence:

- Empowered youth workers better equipped to support young people.

4. Sustainable Practices:

- Scalable solutions for long-term well-being support.

Who Should Participate?

- Youth workers, educators, and professionals passionate about enhancing youth well-being.
- Organizations working with disadvantaged youth or focusing on digital transformation.
- Participants with a keen interest in AI and its application in social contexts.

Join Us in Transforming Youth Work!

We are thrilled to embark on this journey with you. Let's work together to harness the power of emotional intelligence and AI to make a lasting impact on young people's lives.

Warm regards,

Gülcan KAVAKLI

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