



Invitation to an ETUI Education course

15 June 2026

Dear Colleagues,

The process of digitalization of work is an important challenge for the European trade union movement.

Digitalization of work creates new forms of work organizations, new management practices, new ways of labour outsourcing that challenge many aspects of “traditional” work or “old” role. Even if it has the potential to release positive outcomes such as preventing workers from hazardous tasks, induces psychosocial risks.

This is particularly the case with the recent surge of digital labour platforms or broadly speaking what we call the gig economy.

Psychosocial risks associated with digital technologies tend to go under the radar or are often underestimated even by the persons who are facing them.

When digital technologies are blurring the boundaries between work and family, it becomes difficult to identify the origin of psychosocial risks induced by technologies.

The same goes for digital technologies used to control workers.

Against this background, psychosocial risks induced by the process of digitalization of work, is more than ever a priority for trade unionists.

ETUI is now launching the next edition of the online course “**Digital Stress: Tackling psychosocial risks in platform and gig work**”. This self-paced training, accessible from **21 September to 18 October 2026**, includes tutors support and one live webinar with ETUI experts.

This online training aims to help you get to grips with the way digital technologies are leading to new hazards and risks in an expanding range of workplaces, and to give you tools and ideas to help organize workers in these workplaces.

The total expected individual workload is **about 8 hours**. Learners can follow this course at their own rhythm by accessing at any moment the online training platform.

The online course, hosted on Moodle, is provided in English and it's free of charge.

Aims

Once you have completed this course, you should:

- appreciate the ways in which digital technology is changing the world of work
- be able to analyse work settings to identify potential psychosocial risks
- be able to assess opportunities for action by unions to prevent and mitigate risks
- be aware of the national and European context

Working languages

English. Intermediate level is required.

Participants

The target group of this course trade unionists from ETUC-affiliated organizations who are working on health and safety issues or on organizing workers more generally. It may be particularly relevant to union officers who are able to survey the scene and have a range of opportunities at different levels to promote improvement and organisation. Other trade unionists who are interested in exploring this topic are also welcome.

How are enrolments processed?

A maximum of 50 participants can be accepted. The final confirmation of the participants will be done by ETUI bearing in mind the requirements for the target group. Selection of participants follows the criteria “first come, first served”.

Participants' registration

The individual expression of interest must be done by **11 September 2026** by filling the online form available here:

<https://crm.etui.org/form/digital-stress-psychoso-2026>

Once the 50 available places are filled, registrations will be closed. Given the high numbers of requests, this can happen before the deadline.

Additional information

Should you need any additional information please do not hesitate to contact Sylviane Mathy, e-mail: smathy@etui.org

Yours sincerely,

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Education Department