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fitManagers ENHANCING NON-PROFESSIONAL COMPETENCES

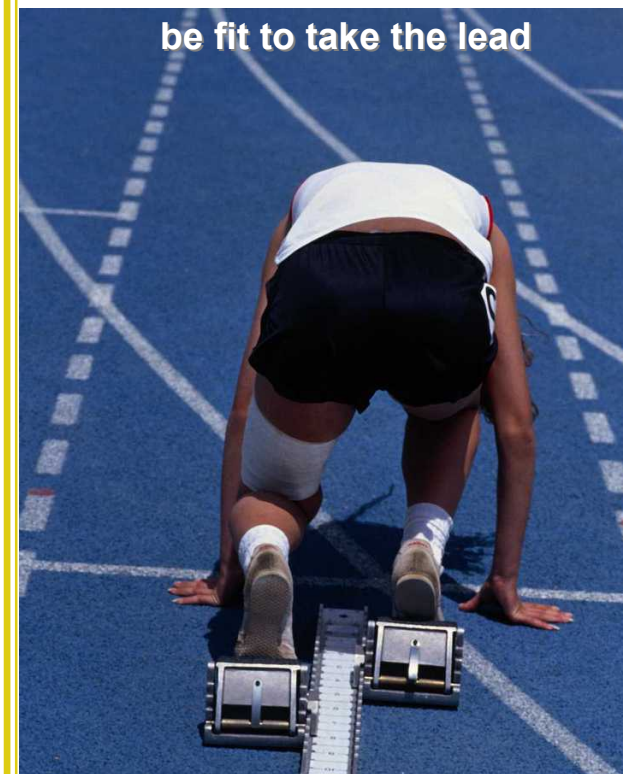
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fitManagers ENHANCING NON-PROFESSIONAL COMPETENCES

Acquire new skills,

be fit to take the lead



1 out of 10 workers suffer serious alterations caused by stress during the working life. Stress is more persistent and dangerous for those workers with higher position, namely managers and executive managers.

However, studies show that organisations investing in the development of non-professional competences increase work productivity by about 20% over a year. Being fit, healthy and well-fed contributes to good performances and better adapting to an increasingly challenged business environment.



The Fit-Managers project aims at reducing the effects of stress at work through the development of an innovative training program.

Based on the health-sport-nutrition-attitudes diamond, the training program will help managers acquire competences to become fit.

Being fit to face the business environment, managers will reveal their full potential at work.

STAGES OF DEVELOPMENT OF THE PROJECT:

- **RESEARCH STAGE** analyse the needs for training by carrying out a research on a European panel of managers.
- **DEVELOPMENT STAGE** from the results of the questionnaire, elaborate the contents of the training program.
- **TESTING STAGE** validate and finalise the training program.
- **EXPLOITATION STAGE** dissemination of the training program. Envisage possibilities of following-up the project with interested stakeholders.

THE TRAINING PROGRAM:

- ◆ **Online approach:** the training program will be delivered via an online platform on the website of FIT-MANAGERS.
- ◆ **Virtual community:** the online platform will allow trainees to exchange between themselves and with the trainers. The trainers and trainees together with project partners and interested stakeholders will form an online community that will be able to exchange on the FIT-MANAGERS website.