

Newsletter #7

TESTING THE FIT-MANAGERS' PROGRAMME

Legal coordinator:



Confederación de Cuadros y Profesionales
www.confuadros.com

Operational coordinator:



Instituto de Formación Integral—IFI
www.ifionline.com



Confédération européenne des Cadres
www.cec-managers.org



Fundação Escola Profissional Setúbal
www.eps.pt



Kaunas University of Technology
www.ktu.lt

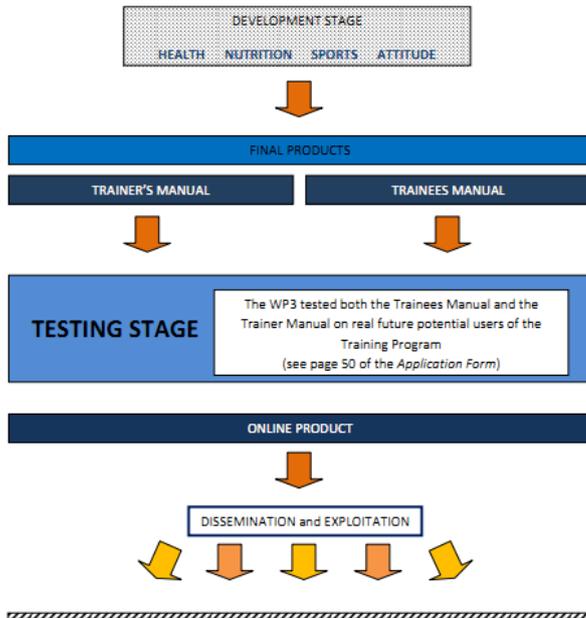


SC ELITE Training S.R.L.
www.etcoaching.eu

In this last issue of the FIT-MANAGERS Newsletters, we are glad to present the final results of the testing stage of the project.

During the testing stage selected trainers and volunteering managers followed the FIT-MANAGERS programme and shared their feedback with a coordinating team from FEPSET, the partner responsible for analysing the efficiency of the programme .

► **The methodology:**



The FEPSET team explains the process in a graph: (the methodology was detailed in our Newsletter #5)

► **The results from the trainees' course:**

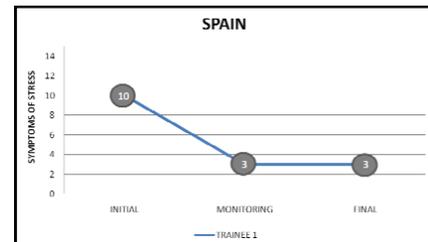
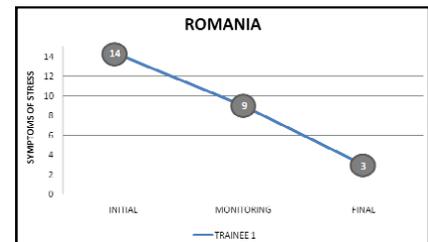
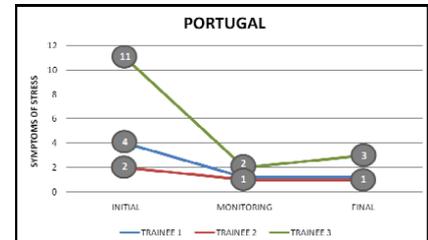
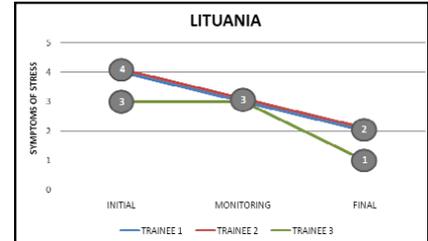
The level of expectation for the trainees' course was generally quite high. The big majority of the trainees found the training very interesting—this was shown by the increasing motivation throughout the course.

The reports indicate that the trainees have learnt to change their approach to health, nutrition, sports and attitudes. This enabled them to observe improvement in their daily life, as they themselves expressed:

"I feel much better and more relaxed, even when I have to make difficult decisions."

"It was very difficult to eat regularly due to very busy days. Solution: to bring food from home."

Positive and effective impacts of the training were revealed by the decrease of stress symptoms.



In conclusion the FEPSET coordinating team has evaluated the testing stage positively. Further analysis can be found in the Testing Stage Report, available upon registration to the online community of Fit-Managers on the website: www.fitmanagers.eu.

FUTURE EXPLOITATION OF THE PROGRAMME

The FIT-MANAGERS programme takes the form of an online tool. This tool is a platform accessible through the Internet with an open section and a private section accessible to members only.

For further information, interested people - whether managers, decision-makers or stakeholders - are invited to check: <http://platform.fitmanagers.eu/>