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**fitManagers** ENHANCING NON-PROFESSIONAL COMPETENCES

eLearning platform:

[platform.fitmanagers.eu](http://platform.fitmanagers.eu)

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**Acquire new skills,  
be fit to take the lead**





In view of the increasingly importance of psychosocial risks related to work in Europe, in particular for managerial staff, the Fit-Managers was launched in 2010 with the support of the European Commission in order to develop an innovative training program helping managers to acquire non-professional competences so as to better face work-related stress.

Through an online training programme based on four pillars: health; sport; nutrition and attitudes, managers are coached to identify what affects them in their working environment and how they can become proactive in addressing these factors of stress.

## MODULE ON HEALTH:

The most valuable asset you have is yourself. Take care.

In a first stage, trainees will learn to identify personal and environmental stressors—i.e factors increasing their level of tension and stress.

Subsequently, they will be coached to mindfully influence their physiological reactions.

## MODULE ON NUTRITION:

In the nutrition module, trainees are first informed on the role of nutrition in relation to well-being through an assessment questionnaire.

Based on this assessment, the trainee is asked to define his/her own objectives for the improvement of his/her nutrition habits, which will shape the coaching.

## MODULE ON ATTITUDES:

Most managers aspire to a personal development, but lack both a framework for identifying clear needs and means to reach their goal.

Through this coaching managers will experience the possibility of a personal change and adopt an attitude of success in their professional career.

## MODULES ON SPORTS:

Sports can significantly reduce stress and hypertension. Practicing a sport on a regular basis is a great way to remain fit without the fastidious 'working out'. For long-term results, this module encourages the trainees to remain physically fit by keeping track of their progress, offering them "tailored" training solutions based on their individual needs.



The partners and researchers involved in the development of the Fit-Managers project are part of an online community which you can join through the following link: [www.fitmanagers.eu](http://www.fitmanagers.eu)

The Fit-Managers final training program takes the format of an e-learning tool available through the following link: <http://platform.fitmanagers.eu/>

**FOR FURTHER INFORMATION PLEASE CONTACT THE PARTNER IN YOUR COUNTRY!**