



General public
Newsletter
Erasmus project
Character development for active life
2021-1-FR01-KA220-ADU-000035291

CHARACTER DEVELOPMENT FOR ACTIVE LIFE

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Partners in project:

- Applicant Formethic - France,
- Smart Idea - Slovenia,
- Coaching Bulgaria Association
- Youthfully Yours - Slovakia,
- Edukopro - Bosnia and Herzegovina
- Jumpin hub - Portugal
- Rousse industrial association- Bulgaria.

FB - Character development

Instagram - Character development

Our vision of the project is turning motivation into a lifelong skill. The problems in our developed societies, many people refuse to seek further education opportunities or to participate in social life. The current health crisis has further accentuated this unease of many citizens with regard to their civic obligations, and some are looking for meaning in gainful activities, work, and learning. Young adults, including the unemployed and NEETs, find it difficult to find a job and it is increasingly difficult for them to maintain their motivation. We have identified a real social problem linked to demotivation.

The COVID19 pandemic further demotivates people. It not only destroys their jobs and employment prospects but also disrupts their training and has a serious impact on their mental well-being (ILO 2020).

What we measure for young people is also true for adults, regardless of their starting level of education.

Solution: Our solution is to create a methodology for Character development with the combination of two concepts - GRIT and Growth mindset.

In psychology, GRIT is a positive, non-cognitive trait based on an individual's perseverance of effort combined with the passion for a particular long-term goal or end state (a powerful motivation to achieve an objective).

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Official Newsletter



Character development for active life

Project activities

- Kick off meeting
- Gathering good practices
- Selecting best practices for booklet

Adult education project

Adult education has been recognized as a central operator of socio-economic development over the last decade. Adult learners have become more aware of the importance of developing soft skills for character development in recent years. Soft skills are a set of interpersonal skills that enable people to interact effectively with others. These skills include social skills, communication skills, character or personality traits, attitudes, career attributes, and emotional intelligence.

Following a kick-off meeting in Toulouse, France, project partners gathered good practices, selected best practices, and did a gap analysis of gaps in the character development needs of adult trainers identified through interviews and surveys.

Following the analysis, it is recommended that character development training programs focus on the following soft skills: communication, self-confidence, teamwork, self-motivation, creativity, self-discipline, social skills, planning and organizational skills, critical and innovative thinking, positive attitude, listening ability, self-perception, empathy, goal setting, emotional skills, stress management. These knowledge, skills, and attitudes will help coaches work more effectively with their students, encouraging them to develop positive character traits and become intrinsically motivated.

Partners in project

FORMETHIC
SMART
CBA
YY
EDUKOPRO
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