

# CHARACTER DEVELOPMENT FOR ACTIVE LIFE- LTT

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## GOALS

The main goals of the LTT was to test the prepared training course by trainers and too prepare trainers for work with adults with our training

## RESULTS ACHIEVED FROM COMPLETED LTT:

- IMPROVED UNDERSTANDING AND KNOWLEDGE
- VALIDATED TRAINING CONTENT
- TESTED AND ENHANCED TRAINING TOOLKIT
- EVALUATED PROGRAM FEASIBILITY
- ASSESSED ADAPTABILITY OF TOOLS TO TRAINERS' ENVIRONMENTS
- ENHANCED TRAINEE PREPARATION FOR HIGHER COMPETENCY AND EXPERTISE.

The LTT included coaching, psychological instruction, mind setting techniques and theoretical seminars, and a practical workshop, which was integrated into a customizable daily program. An evaluation prior to the training allowed the contents to be adapted to the trainer-learners. The train-the-trainers session lasted 5 days (35 hours) , in Toulouse.

