



# CHARACTER DEVELOPMENT FOR ACTIVE LIFE

Official Newsletter



## Character development for active life

### Project activities

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- 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

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YY  
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