

VILNIUS TECH is organising Blended Intensive Programme (BIP) for staff #FutureFit Learning Gym through communication, collaboration, problem based learning, wellbeing and intercultural skills

Target group

Academic and non-academic staff of all fields from partner institutions

Dates

Virtual part: 17 January 2023

Physical part: 23-27 January 2023

Registration deadline: 13 January 2023

[Registration form](#)

About the course

We live in an era of unprecedented competition, with humans and machines vying for a finite pool of jobs. Many of us feel unprepared to enter or progress within the workforce. So many companies speak of attitudinal and cultural fit – how do we know if we align with ideals that are constantly changing?

As much as we need to take care about our physical well-being and spending some time in gyms, we also need to train out thinking patterns, attitudes, values and skills. Join our learning gym! In this training course, we invite network partners to join a learning journey to discover and improve in 5 of the skills:

- Design thinking
- Virtual collaboration
- Cultural Adaptability
- Connectedness
- Change Resilience

Aim

To reflect and learn in the areas of 5 #FutureFit skills and apply improved competences in personal and professional lives.

Objectives

- To create space for reflecting various challenges and case studies in the #FutureFit skills such as Design thinking, Virtual collaboration, Cultural Adaptability, Connectedness, Change Resilience
- Practically explore several methods and techniques to improve internal communication, creative and digital collaboration in teams, leadership, daily problem solving skills.
- Plan how to improve and balance personal and professional life through application of learnt techniques and methods.

Expected learning outcomes

- Participants will learn more about oneself on personal, interpersonal and team levels and become more “FutureFit” in their personal and professional lives.

#FutureFit Learning Gym BIP provisional programme:

Date	Programme part	Method
2023 Jan 17th	Warm-up: Introductory meeting online	<ul style="list-style-type: none"> • Getting to know each other • Clarifying problematic areas and case studies in the areas of collaboration, communication, wellbeing, daily problem solving • Exploring the needs and expectations • Connecting needs to #FutureFit learning experiences • Learning tasks in teams
2023 Jan 23rd 10:00 - 16:00	Training session: Change Resilience	<ul style="list-style-type: none"> • Getting to know each other and group building activity • Presentations of case studies by participants • Individual well-being perception techniques (“Wheel of life”, Johari Window model, etc.)
2023 Jan 24th 10:00 - 16:00	Training session: Connectedness	<ul style="list-style-type: none"> • Introduction to effective internal communication in teams • Individual tasks and exercises to improve internal communication aspects • Intersession technique • Reflection and learning moments
2023 Jan 25th 10:00 - 16:00	Training session: Cultural Adaptability	<ul style="list-style-type: none"> • Social, cultural and educational activities in Vilnius
2023 Jan 26th 10:00 - 16:00	Training session: Virtual collaboration	<ul style="list-style-type: none"> • Introduction to different online tools for collaboration and creativity (MIRO tool, Canva, etc.) • Exercises and practice • Reflection and learning moments

2023 Jan 27th 10:00 - 16:00	Training session: Design thinking	<ul style="list-style-type: none">• Introduction to different problem solving techniques (Six Thinking Hats, PMI, CAF, Design thinking, Appreciative inquiry, etc.)• Individual vision planning through visual coaching technique “Ferris wheel”
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Contact information

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