



IO2.- Workouts methodology

The research among local SME managers made in WINN IO1 allowed the partners to develop a unique methodology for SME leaders to be guided in their daily activities so that they could effectively foster healthy habits in innovation in their organisations. The partners have worked hard during these months to come up with **more than 60 practices in 6 development areas** that will be presented to the managers in the form of a mobile app (designed in the IO4).

The English version has been completed, and translations into the consortium languages (*Romanian, Polish, Portuguese, Spanish and German*) have begun.

INTELLECTUAL OUTPUT 3 (IO3)

-Workouts Toolkit-

WINN Workout Toolkit will precisely support the workouts proposed on the Workout Methodology by a set of interactive and attractive tools. Their objectives are:

- a) To increase the commitment of the participants in carrying out the practices, as they will provide an explanation on how to correctly apply the specific practice/behaviour and thus they will feel more comfortable doing so.
- b) To increase the efficiency and depth of learning.

It will consist of **162 tools** divided into 3 categories:

Audio-visual content

There will be a total of **18 videos**, 3 per area, by staging the biggest problems faced by company directors, or everyday scenes they deal with.



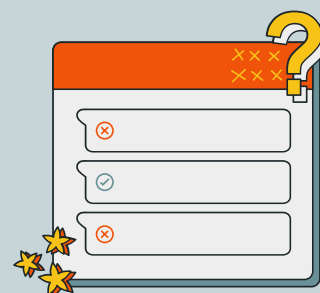
Theoretical content

There will be a total of **72 tools** of theoretical content, one per workout. They will consist of a successful or unsuccessful story or a short reading about what are the benefits of the practices, a statistic data, a curious fact, recommending a post.

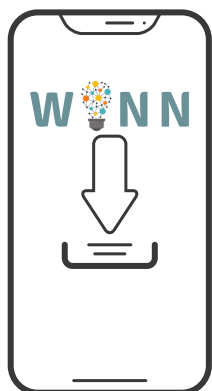


Interactive content

There will be a total of **72 tools** of interactive content. They may consist in short quizzes, or a pool of activities with multiple choices, sorting choices, matrix sorting, blanks, etc.



NEXT STEP



Once the app is ready, a piloting phase will take place to get feedback from representatives of the target groups.

Stay tuned to be one of the first to test the WINN app!

INTELLECTUAL OUTPUT 4 (IO4)

-Mobile APP-

The consortium will develop a mobile APP as a daily delivery system for WINN practices. The practices the user will receive will be based on the results of the **initial personalised assessment**, allowing each individual user to obtain a daily programme that responds to realistic individual needs.

TRANSNATIONAL PROJECT MEETING

23rd - 24th of February 2022

Valencia (Spain)



On 23rd & 24th February the partners of WINN met face-to-face in Valencia for its **3rd Transnational Project Meeting (TPM)**.

These were two intense days of meetings, reviewing the materials created so far and the tasks to be tackled in the last period of the project. There was also room for financial issues, dissemination, monitoring and internal evaluation of the project.

The consortium will meet again on **22nd & 23rd June 2022 in Porto**.

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