

In today's complex and fast-paced working world, technical know-how alone is no longer enough to collaborate successfully. Whether in team meetings, during change processes, or when taking on leadership roles: communication, empathy, and personal responsibility are now key factors for successful collaboration — and therefore for the success of organizations. SoFit turns social skills into the strongest resource of teams. The digital learning app supports employees, managers, and entire organizational units with practical impulses, reflections, and micro-exercises — flexible, intuitive, and at their own pace. SoFit specifically strengthens core skills such as communication, conflict resolution, self-leadership, and team spirit — exactly where collaboration happens: in everyday work.

How it works

SoFit enables sustainable skills development — without training costs, without coordination effort, and with visible results. All users receive access to the app directly via invitation or QR code. After joining, they can select individual learning paths, topics, or training programs and receive short, practice-oriented learning nuggets directly on their mobile devices. The content is designed to be applied immediately in everyday work: reflections, micro-exercises, and impulses can be implemented right away — individually or synchronously as a team. Through shared reflection questions and soon integrated in-app communication, teams can shape their development together. Progress can optionally be tracked through team check-ins, reflection trackers, and success measurement. SoFit can be tailored to individual, team, or organizational needs, requires no onboarding, and offers an intuitive interface on all devices. SoFit brings social competence right where it is needed most — directly into everyday work..

The Big Picture

SoFit doesn't just change behavior — it changes collaboration. With SoFit, communication and social competence become the strongest resource of teams and organizations. Employees develop independently, managers are relieved, friction is reduced, and team cohesion is strengthened. The result: fewer conflicts, clearer roles, better coordination — and more flow in everyday work. Whether for emerging leaders, project teams, high-turnover departments, or entire organizational units: SoFit makes social skills scalable and measurable. Instead of occasional, often expensive seminars, the app enables continuous, self-directed development with maximum practical relevance — anytime and anywhere. SoFit not only supports personnel development but also serves as an effective tool for cultural change, change management, and team development. It strengthens personal responsibility and resilience, improves communication, and fosters sustainable, healthy collaboration at all levels.

Quick Facts

- Solution area: **Organisations, Processes, Social participation and engagement**
- Administrative level: **Federation**
- Solution process: **Digitization and technology, Employment and education**
- Technology: **Information technology, Networks, Platform technology**