

Well being and Mental Health. Mindfulness.

Happy Students in positive
school spaces

Created with ♥ by teachers for teachers
Split and Zagreb, Croatia | 7-day course



Description

Experience a transformative week dedicated to the well-being of educators. This course was created to learn about the vital connection between well-being, effective teaching, and student success.

Throughout the week, expert trainers guide a journey through various dimensions of well-being. From **mindfulness techniques** for **stress management** to understanding the profound impact of emotions on thought patterns, each day offers **practical tools to nurture personal and professional well-being**.

The course will focus on exploring the **healing power of nature** and health benefits of movement. The participants will learn to embrace self-compassion practices and overcome self-criticism. The course will explore the way to use **creative arts for stress relief**, demonstrating their impact on emotional and mental health.

This course will equip educators with some of the best strategies for improving the learning environment and creating **positive school spaces** for **happy students**. It will also help them develop their students' emotional literacy.

This is a week of empowering **self-discovery**, community-building, and skill-building, as we prioritize the **well-being and mental health of educators**. Elevate your teaching by nurturing your well-being.

Learning outcomes

The course will help the participants to:

- Recognize the significance of well-being in the context of personal and professional development
- Understand the connections between health, happiness, and academic achievement in the context of well-being
- Learn mindfulness techniques for stress relief and mental clarity
- Manage stress and improve focus
- Cultivate good habits, identify detrimental patterns and establish motivation for positive behavioural change
- Gain proficiency in emotional literacy
- Validate a sense of self-worth
- Integrate self-compassion into daily routines, enhancing overall well-being
- Dive into creative arts interventions as effective tools for stress reduction and well-being enhancement



Tentative schedule

Day 1 – Introduction to the course and the importance of well-being

- Welcome event; presenting participants, their schools, cities, countries
- Presenting host organization and the city
- Getting to know each other: Icebreakers
- Introduction to the course and the schedule

Day 2 – Techniques for managing stress

- Understanding well-being: the connection between health, happiness and achievement
- Mindfulness for stress relief
- Techniques for managing stress and sharpening focus
- Guided walking tour (available for all courses))

Day 3 – Emotional literacy

- Introducing good habits, detecting harmful patterns, and establishing motivation for positive change
- Emotional literacy, negativity bias and understanding the connection between emotions and thought
- Building a mindfulness practice with thoughts and emotions

Day 4 – Connecting with nature

- Nurturing your well-being in the nature
- Unconscious vs conscious

Day 5 – Health benefits of movement

- Health benefits of movement and connecting with nature
- Validating a sense of worth by overcoming self-criticism and perfectionism
- Introducing self-compassion through mindfulness practice

Day 6 – Creative arts for reducing stress

- Understanding the impacts of stress on emotional and mental health
- Engaging social factors for sustained health and happiness
- Creative arts interventions for reducing stress and increasing well-being

Day 7 – Course closure and evaluation

- Reflecting on the course and what we have learned from the past week
- Course evaluation
- Erasmus+ Certificate award ceremony

