WELLBEING FOR SCHOOL STAFF: MINDFULNESS & PRACTICAL YOGA

Objectives

The objectives of this course are:

- Delve into emotional intelligence/mindfulness through access to the creative mind
- Experience sensory meditative practices through movement, nature, and sound
- Understand deeper the practice of yoga and how to implement it in daily life
- Practice yoga, breathwork, and mind/body connection

Target Group

This training course is addressed to all school staff in general who are interested in focusing on increasing their wellbeing through the practices of mindfulness and yoga. This course is recommended for both primary and secondary teachers, university teachers, teachers of language courses or private classes, VET teachers, and any general staff members of the school. Participants will benefit both professionally and personally from this course.

Language of course

This course will be provided in English by two different trainers. You will experience different accents. Both trainers have experience working with participants that have English as their second language. The language level will always be adapted according to the level of comfort and needs of the participants. The trainers will place emphasis on the non-verbal communication with gestures, smiles, and movement, so the message is always received.

Methodology

The approach used in this course is personalized and practical. The professionals that train you have accumulated a plethora of information in the fields of emotional intelligence, yoga, and mindfulness, and will apply this knowledge within the course for your benefit. For this course to reach the most satisfactory results, it is necessary to have the active participation of each of the group participants. A form will be sent before the course, which is necessary to fill out beforehand, so the trainers can have the pertinent information before starting the training. This course will be split into two sections: two days with the focus on emotional intelligence/mindfulness, and two days with the focus on yoga practice.

Program

Day 1
Uncover & Claim

- Welcome meeting. Presentation of programme.
- Introduction to the course, presentation of participants and sharing expectations
- Components of mindfulness & emotional intelligence
- Mantra work related to values education
- Mini Design Thinking Process to unleash creative mindset
- Neuroplasticity components about capacity to learn

- City tour in Valencia

Learning Outcomes:

- ✓ Understand the components of emotional intelligence
- ✓ Tap into the creative mindset
- ✓ Relate language and motivation to the learning process

Day 2
Tap Into the Mind!

- Neuro Linguistic Programming
  - Motivation channel- visual, auditory, kinaesthetic
  - Speech-power of language
  - Pranic Healing-protect your energy
  - Basic Human Needs-psychological component
- Recognizing triggers & coping anchors to stay in the now
- Guided five senses meditation- healing nature of sound and breath

Learning Outcomes:

- ✓ Go deeper to understand emotional triggers and the impact on our learning
- ✓ Learn about your energy field and how to protect it
- ✓ Connect back to the senses of the body and use this to engage more in learning

Day 3
Embody Yourself!

- Introduction to yoga (different styles, basic principles, physical and mental benefits)
- Body & mind interrelation
- Pranayama: the importance of breath

- Outside practice of vinyasa yoga

Learning Outcomes:

- ✓ Understand the principles and roots of yoga
- ✓ Connect the body with the mind and the breath
- ✓ Move your body!

Day 4
Putting it into Everyday Life!

- Yoga Nidra: guided meditation
- Yoga in everyday life: living consciously & eliminating physical discomfort
- Outside practice of Yin Yoga

Learning Outcomes:

- ✓ Practice and solidify the new learned behaviours of yoga
- ✓ Understand how to eliminate physical issues and discomfort that arises
- ✓ Meditate through the use of a new practice

Day 5
Professional visit, Evaluation, Certification and Farewell

- Visit to a school
- Evaluation and certification
- Farewell activity

Learning Outcomes:

- ✓ Foster intercultural exchanges between different cultures and countries
- ✓ Go deeper into how to give and receive feedback
- ✓ Engage in a process of self-reflection through open conversations and new cultural experiences

Quality Commitment

ESMOVIA, as course provider, commit to respect and follow the quality standards for courses under Key Action 1:
https://erasmus-plus.ec.europa.eu/resources-and-tools/quality-standards-key-action-1

Fees

Course fee: 448 €/participant VAT included. Possibility of invoicing 370,00 €/participant if sending organization has Intracomunitary VAT number.

This amount includes:

- Preparation for the course
- Tuition
- Training materials
- Administration costs
- Organizational costs
- Professional visit to school
- City tour in Valencia
- Farewell activity

Requirements

Minimum of 8 participants. For smaller groups, contact us.

Dates

You can find the dates of the course on this link (you have to click on "I´m interested" to see the different sessions scheduled)*: https://school-education.ec.europa.eu/en/professional-development/courses/wellbeing-school-staff-mindfulness-practical-yoga

*The course will take place if the minimum number of participants is reached.

Please contact us for any other dates.

Courses in ESMOVIA

You can also find a list of all the courses we organize in ESMOVIA on this link: https://www.esmovia.es/en/training-and-mobility/teachers/professional-development-courses/

Contact

Clémence Hugon
Groups Coordinator
hugon@esmovia.es
+34 963 38 46 20