



# SESS– STRATEGIES FOR EMOTIONAL SUCCESS IN THE SCHOOLS

## Objectives

The objectives of this course are:

- Learn applicable strategies to implement in the classroom
- Foster a creative mindset and learn how to manage individual affective factors such as motivation and self-esteem
- Be challenged to work in teams and learn different components to understanding leadership

## Target Group

The training course is addressed to teachers in general, especially teachers that are working as tutors directly with students and therefore have contact with the emotional side more often and potential conflict management situations. The course is recommended for primary and secondary school teachers, university teachers and even teachers at language schools or of private classes.

## Language of course

This course will be provided in English. The trainer has many years of experience working with students and teachers who do not speak English as their first language. The language level will be adapted according to the level of comfort of the participants. Emphasis will be placed on non-verbal communication as well through gestures, smiles, and movement.

## Methodology

The approach used is associative learning, through which new theoretical concepts are presented and then instilled through practical application. The strategies implemented are based on the previous professional experiences that the trainer has been accumulating in this field throughout many years of experience with differing groups of people in the educational and coaching fields. The course requires the active participation of the participants to achieve the most satisfactory results for each person. We will constantly debate the effectiveness of these strategies and bring them back to our classrooms to give examples of how we can implement them.



## Program

### Day 1 – 4 hours

#### Emotion Through Motion- the Emotional Side to Learning

- Welcome meeting. Presentation of programme.
- Introduction to the course, presentation of participants and sharing expectations
- Educational coaching
- KINRGY- emotions, breathe and movement
- Push and pull motivation factors
- Values education
- Tony Robbins Basic Human Needs Analysis
  
- City tour in Valencia – 1 extra hour

#### Learning Outcomes:

- ✓ Relate the mind and body within the learning process
- ✓ Delve deeper into the roots of motivation & how to mobilize them
- ✓ Understand the psychology behind your students' actions

### Day 2 – 4 hours

#### Unblocking Your Natural Creative State!

- DESIGN THINKING process
  - Various steps led by trainer
- Cultivating appreciation
- Thinking outside the box
- The Body Keeps Score- releasing your creativity

#### Learning Outcomes:

- ✓ Engage in a new creative process with an open mind to find solutions
- ✓ Realize the impact of certain emotions on the ability to solve
- ✓ Bring together the body with the mind to reach a more powerful state

### Day 3 – 4 hours

#### Socially How I Act

- Leadership styles
  - Compass Points
  - Colors of Leadership
  - Self-esteem
  - Learning styles
  - Conflict Resolution/Management



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- Identity factors- components of teams

Learning Outcomes:

- ✓ Identify your specific leadership style within a group
- ✓ Identify your relationship with conflict
- ✓ Go deeper into the creation of strong teams, understanding the different elements

Day 4 – 4 hours

**TEAMWORK makes the DREAM work**

- Group dynamics/roles (according to different theories)
- Components of PBL and induced group work
- Goal orientation
- RPM method of planning
- Practical application of the previously learned styles- take- home plan!

Learning Outcomes:

- ✓ Link goals to the efficacy and satisfaction of a team
- ✓ Induce group related situations to understand reactions
- ✓ Understand on a deeper level how to plan, mobilizing the purpose emotion

Day 5 – 4 hours

**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**

**ESMOVIA**  
Training and Mobility

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## KA1 ERASMUS+ COURSES FOR TEACHERS AND TRAINERS SESS – STRATEGIES FOR EMOTIONAL SUCCESS IN THE SCHOOLS

Course fee: 435,60 €/participant VAT included. Possibility of invoicing 360,00 €/participant if sending organization has Intracomunitary VAT number. The price includes:

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/sess-strategies-emotional-success-school>

\*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

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