

Galway Mindfulness for Educators

Mindfulness for Educators aims to give the participant a basic foundation in the practice of mindfulness as applied to education. Mindfulness is known to improve wellbeing and can foster critical thinking, performance, creativity, and empathy – all valuable life skills which can be transferred to our professional lives, and to our interactions with students and colleagues.



Course Content

- Foundations of Mindfulness practice
- Creating a GROW project
- Increasing well-being, reducing stress
- Enhancing teamwork and developing compassion
- Stimulating creativity and critical thinking
- Adapting and creating resources

Mindfulness for Educators

Learn the foundations of mindfulness as applied to education and explore how it can improve wellbeing and foster critical thinking, performance, creativity, and empathy.

COURSE OUTLINE

This course aims to give the participant a basic foundation in the practice of mindfulness as applied to education. Mindfulness is known to improve wellbeing and can foster critical thinking, performance, creativity, and empathy - valuable life skills which can be transferred to our professional lives. The participant will also develop their emotional intelligence and become more emotionally competent both on an intrapersonal and

interpersonal level, enhancing performance and improving relationships.

COURSE OBJECTIVES

Overall objectives of the mobility. To learn the basic theory behind emotional intelligence and mindfulness. To acquire fundamental practical skills to bring that theory into life in their careers. To make the necessary changes to enrich and sustain satisfaction and performance as educators. To increase wellbeing and decrease stress. To become a future ambassador for the transfer of the skills and abilities acquired to others. To enhance communicative skills.

Added value of the mobility: The course equips participants to reflect on their experience in the classroom and to foster their professional and personal development. It will also help participants to build their competence and confidence by becoming more conscious of how they relate to the situations and people around them.

Activities to be carried out: Interactive teaching with individual and group work to: understand the theory and practice of Mindfulness and its relation to Emotional Intelligence; increase wellbeing and reduce stress; enhance performance, focus and productivity; become more empathetic and enhance teamwork; embrace difficulty and solve problems; communicate effectively and with compassion; resolve conflicts; stimulate creativity and critical thinking; become a mindful individual with a GROW mindset; foster intercultural relations and collaboration.

Expected outcomes and impact: Incorporate mindfulness into education as a tool to improve wellbeing and performance. Become more emotionally competent. Become mindful educators. Achieve goals without striving too hard. Build a wiser more compassionate future. Embrace new cultural contexts and build networks with international colleagues.

DESIGNED FOR

Primary and Secondary Teachers

MINIMUM LEVEL OF ENGLISH

B1 Intermediate (CEFR)

COURSE LENGTH

Monday to Friday, 20 lessons / week
+ Social and Cultural Activities
+ Full-day Tour on Sunday

ACCOMMODATION

Self-Catering Shared Apartment
or Host Family

CERTIFICATION

Certificate of Participation
and Attendance

DOCUMENTS PROVIDED

STT Invitation, Europass, Work
Plan (on request), Certificate

OID: E10256058