



School Innovation

MINDFUL TEACHING: NURTURING
RESILIENT EDUCATORS FOR BALANCED
CLASSROOMS

Your Mobility Partner

PIC Number: 948037649 Organisation ID: E10207576



Course Overview

Welcome to "Mindful Educator," a transformative 5-day training program designed to empower educators with the principles and practices of mindfulness. In this comprehensive course, participants will embark on a journey of self-discovery and learn practical techniques to integrate mindfulness into their professional and personal lives. The course is thoughtfully structured to provide a balance of theory, experiential learning, and collaborative discussions.

Course Objectives

- Understand the principles and significance of mindfulness.
- Explore the benefits of mindfulness in education.
- Initiate a personal mindfulness practice.
- Learn and practice fundamental mindfulness techniques.
- Integrate mindfulness practices into daily routines.
- Translate mindfulness principles into classroom strategies.
- Create a mindful and supportive learning environment.
- Learn and practice fundamental mindfulness techniques.
- Develop skills for emotional regulation through mindfulness.
- Promote resilience and a healthier work-life balance.

Learning Outcomes

Comprehend the principles and significance of mindfulness. Explore the benefits of mindfulness in education. Initiate a personal mindfulness practice. Learn and practice fundamental mindfulness techniques. Integrate mindfulness practices into daily routines. Translate mindfulness principles into classroom strategies. Create a mindful and supportive learning environment. Develop skills for emotional regulation through mindfulness. Promote resilience and cultivate a healthier work-life balance.

Price: All expenses can be covered through a Knowledge Acquisition (KA) subsidy within the Erasmus+ initiative. This is a 5-day training course in which Mobility Friends imposes a fee of **350€ per attendee, in courses located in the cities of the Continent and Madeira island. The fee for Azores Island is 480€ per attendee. The price includes the training course and a coffee break.**

For **groups of 5 or more people**, please contact us for pricing details.

Duration: 5-Day Course

Language: English

Schedule: The time of classes, whether in the morning or afternoon is determined by the provider. The schedule may vary considerably based on participants' preferences and the trainer's discretion regarding any modifications.

Certificate: A Certificate of Attendance will be awarded to participants who attend minimum of 80% of the course.

Other Services: Mobility Friends offers various services for you. We handle everything from accommodation to cultural visits and transfers. Contact us to learn how we can assist you with your travel logistics.

PLANNER

DAY 1

- Welcome and Icebreaker.
- Introduction to the training program.
- Icebreaker activities to build a sense of community.
- Understanding Mindfulness
- Definition and principles of mindfulness.
- The relevance of mindfulness in education.
- Benefits of Mindfulness in Education
- Explore how mindfulness enhances well-being and learning.
- Review relevant research and case studies.
- Mindfulness Practices for Beginners
- Guided mindfulness meditation for participants.
- Q&A and discussion on initial experiences.

DAY 2

- Mindful Breathing and Body Scan
- Learn and practice mindful breathing exercises.
- Introduction to body scan meditation.
- Cultivating Present Moment Awareness
- Mindfulness of thoughts and sensations.
- Group discussions on integrating mindfulness into daily routines.
- Mindfulness in Motion
- Explore mindful movement and walking meditation.
- Discuss incorporating movement into educational settings.

DAY 3

- Mindfulness-Based Classroom Strategies
- Techniques for introducing mindfulness to students.
- Creating a mindful classroom environment.
- Mindful Teaching Practices
- Incorporate mindfulness into lesson planning and delivery.
- Case studies and group discussions.
- Building Mindful Communities
- Strategies for fostering a mindful school community.
- Collaborative activities to promote mindfulness among staff and students.

*Please note that program content may be subject to change based on input from our trainers.

PLANNER

DAY 4

- **Stress Awareness and Management**
- **Understanding stress in the education context.**
- **Mindfulness-based stress reduction techniques.**
- **Mindfulness for Emotional Regulation**
- **Mindfulness practices for recognizing and regulating emotions.**
- **Group activities on emotional well-being.**
- **Mindfulness for Resilience**
- **Building resilience through mindfulness.**
- **Personalized resilience plans.**

DAY 5

- **Integrating Mindfulness into Professional Life**
- **Strategies for personal mindfulness integration.**
- **Goal-setting for continued practice.**
- **Creating Mindful Educational Environments**
- **Developing action plans for introducing mindfulness at school.**
- **Sharing success stories and challenges.**
- **Closing Ceremony and Certificates.**
- **Course evaluation and feedback.**

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Talk with Us

We are waiting for You

www.mobilityfriends.org

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