



EMOTIONAL EDUCATION

El in the classroom

Erasmus+ KA1 Training Course in Córdoba (Spain)



www.andalusianteachertraining.com



josecarlos@andalusianteachertraining.com



Emotional education

Every day, education, at its different levels and in its different spheres, confirms the need for emotional education to be established as part of the school curriculum and to contribute its multiple benefits to the training of future generations and of the teachers who accompany them in their training process. We could even point it out as a necessary knowledge to be acquired by families, so that their sons and daughters receive it from birth and throughout their lives.

Of the various definitions, we will stick with that of Bisquerra and Pérez (2012), teachers and researchers at the University of Barcelona:

Emotional education is a continuous and permanent educational process that aims to promote the development of emotional competences as an essential element of human development, with the aim of empowering them for life and increasing personal and social well-being. Emotional competences should be understood as a type of basic life skills, essential for the integral development of the personality.

They are an indispensable complement to the cognitive development on which education has focused throughout the 20th century.

7 ways to implement EI

- **Understanding and Managing Emotions** can help individuals to be more empathetic.
- **Empathy** can help to build trust among team members
- **Active Listening** can help to create a safe space for people to share their experiences and perspectives.
- **Conflict Resolution** by managing their own emotions and understanding others' emotions and perspectives.
- **Flexibility and Adaptability:** helps individuals to be flexible and adaptable in their approach to work and to be open to new ideas and perspectives.
- **Leadership** helps to create more diverse and inclusive organizations.
- **Innovation.** EQ helps individuals to think creatively and develop innovative solutions that meet the needs of diverse stakeholders.

Course description

This course will provide a fun, relaxed environment in which teachers can rediscover the joy of teaching and embrace their unique teacher identity through reflection, positive psychology, and embodied coaching.

Participants will identify their personal needs, strengths, and goals as teachers, explore their communication and teaching styles and create goals and strategies for change and growth where it is needed.

Through practical and experiential activities, course members will deepen their own self-awareness, empathy, and social skills, which will enrich their own Social and Emotional Intelligence. Concrete tools and strategies for conflict management, stress reduction, and resilience will empower the group to not only do SEL activities but to be an SEL educator.

Each participant will develop their own course of action for promoting SEL in their school, through reflection, experience, sharing, and creating the path that best fits their unique school community, in a highly interactive, engaging learning experience.

Learning outcomes

- Gain greater emotional and social literacy
- Experience a Social Emotional Learning environment first-hand
- Increase self-awareness, empathy, resilience, and assertiveness
- Implement strategies for effective communication in a tailor-made program to bring home
- Enable participants to continue generating a culture of SEL in their own schools and/or organizations

Details

- One week course
- Starting from 480€ (Cultural activities included) *
- Min. 4 - max. 14 participants
- Certificate of attendance included (80% of attendance required)
- Available in Córdoba
- Also available in Spanish

* A 60 € late registration fee will be applied if you register less than 8 weeks before the course start date.

Tentative schedule

Day 1. Course introduction

- Introduction and welcome
- CHECK IN. Emotions, expectations and focus.
- The Triune brain
- Emotions and emotional states

Day 2. Emotions and decisions

- Emotions in the decision
- Making Process.
- Emotional Coherence
- Personal Moral Code. Our values

Day 3. Emotions and results

- THE FOUR SCENARIOS. EMOTIONAL BLOCKAGES
 - 1.Result orientation
 - 2.Resources
 - 3.Motivation and responsibility
 - 4.Strategies

Day 4. Emotions and stereotypes

- Emotions, beliefs and stereotypes
- Limiting and empowering beliefs
- The Pygmalion and Galatea Effect

Day 5. Emotions and personal growth

- Dismantling limiting beliefs
- Individual and group motivation
- Activation and motivation dynamics

This schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session.

Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

About the provider

Andalusia Teacher Training is a training company founded in 2018 focused in the attitudinal training and the improvement of human performance. The company works with clients with the aim of increasing their results both in personal or professional areas, developing techniques and strategies in the areas of coaching, Emotional Intelligence, soft skills and Neuro Linguistic Programming (NLP).

Andalusia Teacher Training learns from the experience gained by its staff, professionals with years of background in the fields of training and the development and management of transnational projects in the frame of Erasmus + Program. Andalusia Teacher Training is currently made up of a multidisciplinary team of 8 people, with backgrounds in languages, translation and interpreting, psychology, international relations, pedagogy and communication.

In the field of international projects, the staff has a solid background in the development and implementation of funded projects in the frame of Erasmus+ and in the areas of entrepreneurship, leadership and application of coaching, Emotional Intelligence and soft skills to different fields. In the last five years we have been involved in more than 50 KA2 projects, of which more than 25 have been developed by our staff.



José Antonio Alonso: Has studies in Economics and Psychology. He is Master in Coaching and EI, Master Trainer in NLP (Spanish NLP Association), Expert in Gestalt therapy and Master in Ericksonian hypnosis.

José Carlos León: Coach with a large experience training teams, persons and organizations using EI tools. With a degree in English Philology, he has also been tutor in the Master of Coaching of the University CEU San Pablo and facilitator in the areas of EI and NLP.

Enjoy training... and Andalusia

Obviously, training is a key aspect, but the environment makes the experience complete. That's why Cordoba is the best possible setting, the only city in the world with four World Heritage Sites by UNESCO, a city steeped in history and culture, and also the ideal place to discover Andalusia.

Less than an hour away by train you can enjoy the bewitching Seville, the cosmopolitan Malaga and the haunting Granada, as well as having some of the best beaches just two hours away by car. All in the best connected city in Spain by high-speed train, 1.45 minutes from Madrid and in the centre of Spain's most charming region. Are you going to miss it?





How to get to Córdoba?

Córdoba has no airport, but there are excellent connections to our city from three international airports thanks to the AVE (High Speed Train):

- Madrid. 400 kilometres, 1.45 hours to Córdoba by train.
- Seville. 130 kilometres, 45 minutes to Córdoba by train.
- Málaga. 145 kilometres. 50 minutes to Córdoba by train.

Málaga is the best option, due to the high amount and variety of international destinations and the facilities to link your flight to the train.

Madrid International Airport Adolfo Suárez is the biggest airport in Spain and it has connections with all the important destinations in Europe. Flights use to be cheaper and both the frequency and the options are higher, so it is also a good chance.

Seville is another option, though destinations and frequencies are not the best. Check if it fits your plans.

Train. There are different companies offering connections from and to Madrid, Málaga and Sevilla to Córdoba. The sooner you book, the cheaper!!

- RENFE (www.renfe.es). In trains from and to Seville or Málaga, you will find AVE and AVANT. The service is the same, though this last one is cheaper. It happens the same from Madrid with AVE and ALVIA.
- IRYO. (<https://iryo.eu>). Cheap tickets if booked with months in advance.
- AVLO (<https://avlorenfe.com>). From June 1st 2023. Renfe low cost brand.

Contact Us

☎ +34 626400421

🌐 www.andalusianteachertraining.com

✉ josecarlos@andalusianteachertraining.com

📍 Calle Astrónoma Cecilia Payne S/N
Córdoba (Spain)