



**Andalusia
Teacher
Training**

MENTAL HEALTH FOR TEACHERS AND STUDENTS

Erasmus+ KA1 Training Course in Córdoba (Spain)



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Mental health

Promoting mental health for both teachers and students is essential for creating a supportive and conducive learning environment. For teachers, the demands of the profession can often lead to stress, burnout, and emotional exhaustion.

Providing resources such as counseling services, stress management workshops, and opportunities for self-care can help teachers cope with the challenges they face and prevent job dissatisfaction. Additionally, fostering a culture of open communication and support among colleagues can create a sense of community and reduce feelings of isolation. Similarly, students also require attention to their mental well-being to thrive academically and personally.

Schools can implement initiatives like mindfulness exercises, peer support groups, and access to counselors to address students' emotional needs and provide them with the tools to manage stress and build resilience.

By prioritizing mental health for both teachers and students, schools can cultivate an environment where everyone feels valued, supported, and able to reach their full potential.

Mental health for teachers and students, benefits

- **Enhanced Academic Performance:** When teachers and students are in good mental health, they can better focus on teaching and learning respectively. This leads to improved academic outcomes and a more conducive learning environment.
- **Increased Productivity:** Teachers who are mentally healthy are better equipped to manage their workload efficiently, leading to increased productivity in lesson planning, grading, and other responsibilities. Similarly, mentally healthy students are more likely to stay engaged in their studies and complete assignments on time.
- **Improved Relationships:** Good mental health fosters positive relationships among teachers and students. Teachers who feel supported and valued are more likely to build strong connections with their students, leading to better communication, trust, and rapport in the classroom.

Course description

The demand for mental health care for children and adolescents has grown considerably after the pandemic and this has made the need to bring mental health training closer to educational centres more visible.

The aim of this course is to provide teachers with knowledge that will help them to better understand what is involved in emotional well-being and mental health in childhood and adolescence.

The aim is to provide teachers with tools both to identify warning signs of mental disorders or indicators of psychological suffering in the school environment, and to facilitate the integration of children and adolescents who already have a psychiatric diagnosis and who are being treated by mental health teams. 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

- To provide basic theoretical knowledge on Child and Adolescent Mental Health.
- To provide basic skills to identify warning signs of problems or alterations in Child and Adolescent Mental Health.
- To promote the integration into the school context of children and adolescents who already have a mental health disorder.
- To promote awareness of the problems and alterations in the mental health of children and adolescents.

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

- CHECK IN. Emotions, expectations and focus.
- Basic Concepts in Child and Adolescent Mental Health
- Normal evolutionary development and attachment bonding.

Day 2. Early Childhood: 0 to 6

- Normal development in early childhood.
- Emotions and behaviour in early childhood:
- Behavioural disorders: behavioural problems.
- Anxiety and its manifestations.

Day 3. School stage: from 6 to 12

- Development at school age: from childhood to puberty.
- Emotions at school age:
- Anxiety and its manifestations.
- Mood disorders.

Day 4. Day 4. Adolescence: from 12 to 18

- Development and Adolescence.
- Emotions in Adolescence
- Alterations in eating behaviour

Day 5. Health promotion and emotional well-being

- Protective factors and promoters of Mental Health and emotional well-being.
- Promotion of health and emotional well-being in Adolescence: healthy affective relationships.

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.

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