



**Andalusia
Teacher
Training**

MINDFULNESS FOR TEACHERS

Erasmus+ KA1 Training Course in Córdoba (Spain)



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Mindfulness for teachers

Integrating mindfulness practices into the daily routines of teachers can offer numerous benefits for their well-being and effectiveness in the classroom. Mindfulness helps teachers cultivate self-awareness, reduce stress, and enhance their ability to manage challenging situations with equanimity and clarity.

By incorporating mindfulness techniques such as mindful breathing, body scans, and mindful movement into their daily routines, teachers can develop greater resilience and emotional regulation, enabling them to respond to students and classroom dynamics with patience and compassion.

Moreover, mindfulness practices can help teachers foster a sense of presence and connection with their students, creating a more supportive and empathetic learning environment.

By prioritizing their own mental and emotional well-being through mindfulness, teachers not only enhance their own quality of life but also serve as positive role models for students, promoting a culture of mindfulness and self-care within the school community.

Mindfulness for teachers, benefits

- **Stress Reduction** by promoting relaxation and reducing the physiological response to stressors.
- **Enhanced Emotional Regulation.** This enables them to respond to challenging situations in the classroom with greater calmness and clarity.
- **Improved Focus and Attention** allowing teachers to maintain focus on tasks and remain present with their students during instruction and interactions.
- **Increased Resilience** encouraging acceptance of the present moment and the ability to bounce back from setbacks. Teachers who practice mindfulness are better equipped to navigate the inevitable ups and downs of the teaching profession.
- **Better Classroom Management:** Mindful teachers are more attuned to the needs of their students and can respond to classroom dynamics with greater sensitivity and patience.

Course description

The personal and professional well-being of teachers in an educational institution is fundamental to the development of positive teacher-teacher and teacher-student relationships in everyday life.

A good working atmosphere and quality teaching are the consequences of teachers who feel happy, motivated and committed to their work.

The "Mindfulness for Teachers" course provides teachers with tools to improve their well-being and performance in the classroom, as well as that of their students.

Learning outcomes

- To improve teachers' emotional and behavioural self-regulation skills in difficult classroom situations in order to increase their sense of personal self-efficacy (self-confidence) and autonomy.
- Promoting effective classroom management.
- To provide tools that enable the building of positive and friendly teacher-student and teacher-teacher relationships.
- To develop mental dispositions of calmness and kindness when facing a class.

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.
- Emotion and mindfulness
- Emotion management

Day 2. Emotional intelligence & mindfulness

- Concept of Emotional Intelligence
- False Myths
- Theories and Models
- EI Skills

Day 3. EI development and empowerment

- Assertiveness and empathy
- Self-esteem
- Emotional language

Day 4. Mindfulness

- Mindfulness and neurobiology
- Components of mindfulness
- Mindfulness practice

Day 5. Relaxation in Mindfulness

- Progressive relaxation
- Yoga and meditation: learn to relax
- Body posture: attitude during practice

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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