



# SOFT SKILLS FOR TEACHERS

## XXIst Century Skills

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Erasmus+ KA1 Training Course in Córdoba (Spain)



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# Soft skills

The concept of "soft skills" is a term that is increasingly used in education. Some experts refer to them as soft skills and advocate other names such as essential skills, key skills or employability skills.

Although the term began in the business world, its incorporation into the educational world is based on the idea that these types of skills are essential for the improvement of the teaching-learning process, both for students and teachers. In this post we are going to explain what soft skills are and why they are so important in education.

In a simple way, we can say that soft skills are a set of social competences, personal attributes, qualities and attitudes that allow people to perform adequately and positively in their environment. Together with the technical and professional knowledge acquired, these skills are considered decisive to achieve the objectives.

Some studies indicate that 85% of professional success is based on the acquisition of soft skills, which is why they propose to rename them "essential skills".

## The most important soft skills

- **Problem-solving skills** (ability to solve complex problems and resolve conflicts).
- **Creativity.**
- **Adaptability** (ability to work in different environments).
- **Critical and analytical thinking** (capacity for analysis and reflection).
- **People and group management** (negotiation skills, capacity for dialogue and communication and organisational skills).
- **Predisposition for group work** (collaboration and cooperation with colleagues).
- **Emotional intelligence** (ability to manage and control one's own and others' emotions).
- **Motivation, initiative, perseverance, curiosity and interest.**
- **Open-mindedness, flexibility, sense of humour, optimism and empathy.**
- **Control and mastery of gestural, body and non-verbal language.**

## Course description

In today's changing environment, skills that can never be replaced by a machine are becoming increasingly important: the so-called soft skills, which refer to the human component.

The digital world in which we live requires more than ever that future workers are able to connect with the human and communicate, to adapt to change, to be resilient, to learn continuously in an agile way and to work in teams. If we want our students to acquire all these competences, we will have to design methodological proposals in which they learn by doing.

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.

Through practical and experiential activities, course members will deepen their own selfawareness, 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.

## Learning outcomes

- To provide teachers with practical tools to work in the classroom on communication skills aimed at job search/job placement.
- To assess the profile of the student to be trained today.
- To learn how to work in an agile way in the development of a project in a context of uncertainty.
- Propose actions to motivate students and achieve their total commitment to the project.

## 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
- Soft skills. Origin and importance
- Personal and social skills

## Day 2. Emotional intelligence

- Emotions in the decision Making Process.
- The Emotional Cycle
- Emotions Vs Emotional States

## Day 3. Coaching

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

## Day 4. Cognitive flexibility

- Limiting and empowering beliefs
- The Pygmalion and Galatea Effect
- Patterns of certainty

## Day 5. Motivation

- Individual and group motivation
- Activation and motivation dynamics
- The hierarchy of motivations

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.

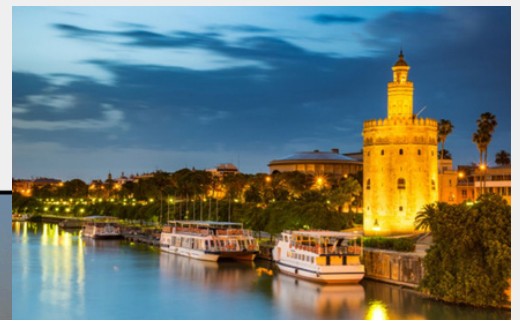
**José Carlos León:** Coach with a large experience training teams, persons and organizations using EI tools. With a degree in English Philology, he has also been tutor in the Master of Coaching of the University CEU San Pablo and facilitator in the areas of EI and NLP.



# 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](http://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

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