

Course title	Thriving Educators: Strategies for Well-being and Resilience
Course code	088
Course category	Arts, well-being and culture
Course purpose and overview	<p>This transformative Erasmus+ teacher training course is designed to address the critical issue of burnout among educators and provide practical tools and strategies for preventing and managing burnout. Through engaging and interactive sessions, participants will explore burnout prevention, self-care, and resilience-building techniques. They will gain deep knowledge and practical tools to restore balance within themselves and in their interactions with students.</p> <p>This course creates a safe and supportive space for educators to reflect on their roles, behaviours, needs, and resilience. It emphasises recognising the signs of burnout, understanding its causes, and developing strategies to prevent and manage it. Participants will learn effective communication strategies and explore practical methods for self-care and stress management. Optional workshops enable customisation to specific needs.</p> <p>By the course's end, educators will define burnout, recognise its impact on well-being and job satisfaction, and understand the demanding nature of the teaching profession contributing to burnout. They will analyse contextual factors influencing burnout and implement prevention strategies while promoting personal well-being.</p> <p>Join us on this empowering journey to thrive as an educator, prioritise well-being, and create a positive educational environment. Invest in your professional growth and become part of a resilient community dedicated to providing the best education for our students.</p>
Course structure and content	This course offers an engaging and interactive learning environment, combining theoretical sessions, practical exercises, group discussions, and case studies. Optional additional training tailored to specific needs will be available, allowing participants to focus on areas of interest. Workshops will provide hands-on opportunities to implement the learned techniques in their own contexts, empowering educators to positively impact their well-being and that of their students.
Duration	One week
Daily programme example	<p>Here is an example of the programme:</p> <p><i>Day 0</i> (usually Sunday) Arrival date</p> <p><i>Day 1</i> Welcome and introduction Ice breakers and team-building exercises Lesson 1: Course introduction, team-building exercises, and networking activities Lesson 2: Project work, case scenarios, and discussion on burnout causes Cultural and social activities Feedback day 1</p> <p><i>Day 2</i> Lesson 1: Exploring the true nature of burnout and its impact on well-being and job satisfaction</p>

	<p>Lesson 2: Understanding the demanding nature of the teaching profession contributing to burnout</p> <p>Lesson 3: Guest speaker session on emotional transformation and motivations in teaching</p> <p><i>Day 3</i></p> <p>Lesson 1: The importance of addressing burnout beyond job satisfaction</p> <p>Lesson 2: Examining the broader implications of burnout on personal well-being and the teaching profession</p> <p>Lesson 3: Project work, case scenarios, and discussion on strategies for prevention</p> <p>Cultural and social activities</p> <p><i>Day 4</i></p> <p>Lesson 1: Developing practical methods for self-care and stress management</p> <p>Lesson 2: Exploring effective communication strategies in educational settings</p> <p>Lesson 3: Optional additional training tailored to specific needs</p> <p>Lesson 4: Workshops on implementing strategies in the participants' own contexts</p> <p>Cultural and social activities</p> <p><i>Day 5</i></p> <p>Validation of learning outcomes and certification ceremony</p> <p>Discussion of future cooperation and planning follow-up activities</p> <p>Brainstorming dissemination ideas</p> <p>Closing event and celebration of achievements</p> <p><i>Day 6</i></p> <p>Full-day trip</p> <p><i>Day 7</i></p> <p>Departure date</p> <p>Programme details may be subject to amendment based on trainer, participant needs and other factors such public holidays. Changes might be needed to make up for time lost due to unforeseen or changing circumstances which might be out of the reasonable control of the hosting organisation.</p>
<p>Learning objectives</p>	<p>Understand the concept of burnout and its underlying causes.</p> <p>Recognise the demanding nature of the teaching profession and its contribution to burnout.</p> <p>Analyse contextual factors and their influence on maladjustment and burnout.</p> <p>Develop practical strategies and tools for preventing and managing burnout.</p> <p>Apply effective communication strategies to enhance relationships and reduce stress in educational settings.</p>
<p>Learning outcomes</p>	<p>By the end of the course, participants will be able to:</p> <p>Define burnout, identify its impact on teachers' well-being, job satisfaction, and personal lives.</p> <p>Demonstrate an understanding of the demanding nature of the teaching profession and its connection to burnout through examples and case studies.</p> <p>Analyse contextual factors such as workload, organisational culture, and personal factors that contribute to maladjustment and burnout.</p> <p>Implement strategies for preventing burnout and promoting personal well-being, demonstrating their ability to prioritise self-care.</p> <p>Apply effective communication strategies learned during the course to enhance relationships with students, colleagues, and other stakeholders, thereby reducing stress and fostering a positive educational environment.</p>

Assessment and validation of learning outcomes	The assessment of learning outcomes will be conducted through various methods, including individual and group activities, case study analyses, reflective exercises, and presentations. Trainers will provide short entrance tests and a final test to evaluate participants' understanding of the course content. Additionally, continuous feedback and self-assessment will be encouraged to validate the achievement of learning outcomes.
Target audience	This course is intended for educators working in pre-primary, primary, secondary, VET, and adult education across Europe. It caters to teachers, trainers, headmasters, school administrators, educational counsellors, and other school staff. The course aims to meet the needs of individuals who have experienced burnout or high levels of stress in their educational roles.
Admission requirements for participants	The course is open to educators motivated to learn new skills, discover resources, transfer knowledge into practice, and network with other professionals.
Language of delivery	English
Language level requirements for participants	B1 or more
Maximum number of participants	20

Please note that the course outlined is intended as an example only and may not necessarily be fully executed in accordance with all of its details. Our need analysis is primarily based on enrolment information, information shared at kick-off meetings, and pre-evaluation of competencies. As such, it is possible that the programme may be adjusted to better accommodate the diverse needs of participants.