



Wellbeing- Stress and Conflict Management

***Your Mobility Partner
Projects Cultural Mobility SL***

Organisation ID: E10338522



www.cultural-mobility.com



Course Overview

Wellbeing is a state of physical, emotional and mental balance that allows us to feel good about ourselves and others. In this comprehensive course, participants will embark on a journey of self-discovery and learn practical techniques to integrate mindfulness into their professional and personal lives. The course is thoughtfully structured to provide a balance of theory, experiential learning, and collaborative discussions. You will learn how to take care of our body, mind and spirit and to maintain a healthy balance.

Course Objectives

- Understand the principles and significance of mindfulness.
- Develop skills for emotional regulation through mindfulness.
- Integrate mindfulness practices into daily routines.
- Explore the benefits of mindfulness in education.
- Initiate a personal mindfulness practice.
- Learn and practice fundamental mindfulness techniques.
- Integrate mindfulness practices into daily routines.
- Translate mindfulness principles into classroom strategies.
- Create a mindful and supportive learning environment.
- Promote resilience and a healthier work-life balance.

Learning Outcomes

Comprehend the principles and significance of mindfulness. Explore the benefits of mindfulness in education. Initiate a personal mindfulness practice. Learn and practice fundamental mindfulness techniques. Integrate mindfulness practices into daily routines. Translate mindfulness principles into classroom strategies. Create a mindful and supportive learning environment. Develop skills for emotional regulation through mindfulness. Promote resilience and cultivate a healthier work-life balance.



Duration:

5 Days

Language:

English

Schedule:

The time of classes, can be in the morning or afternoon depending on provider's availability.

The schedule may vary considerably based on participants' preferences and the trainer's discretion regarding any modifications.

Certificate

A certificate of attendance will be issued to all the participants at the end of the course.

Other Services

We offer accomodation, transport from the aiport and back, local transport and cultural visits. Get in touch with us for more details.

ACTION TRAINING

Day 1

- Welcome and Introduction to the training program.
- Understanding Mindfulness
- Definition and principles of mindfulness.
- Benefits of Mindfulness in Education
- Guided mindfulness meditation for participants.
- Q&A and discussion on initial experiences.

Day 2

- Learn and practice mindful breathing exercises.
- Mindfulness of thoughts and sensations.
- Group discussions on integrating mindfulness into daily routines.
- Explore mindful movement and walking meditation.

Day 3

- Stress Awareness and Management
- Understanding stress in the education context.
- Mindfulness practices for recognizing and regulating emotions.
- Group activities on emotional well-being.
- Building resilience through mindfulness.

Day 4

- Techniques for introducing mindfulness to students.
- Creating a mindful classroom environment.
- Incorporate mindfulness into lesson planning and delivery.
- Case studies and group discussions.
- Collaborative activities to promote mindfulness among staff and students.

Day 5

- Strategies for personal mindfulness integration.
- Goal-setting for continued practice.
- Creating Mindful Educational Environments
- Developing action plans for introducing mindfulness at school.
- Sharing success stories and challenges.
- Closing Ceremony and Certificates.
- Course evaluation and feedback.

*Please note that program content may be subject to change based on input from our trainers.





Get in touch



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