

STRESS MANAGEMENT FOR TEACHERS: STRATEGIES FOR BALANCE AND RESILIENCE



**Organisation ID:
E10384986**

 europexchangecentre

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 Torrox Costa, Malaga, Spain



www.europex-change.com



COURSE OVERVIEW

This course is designed to help educators identify, understand, and manage stress effectively in their professional and personal lives. Set in the calm and inspiring Mediterranean surroundings of Nerja – Torrox Costa, Spain, participants will explore the causes of stress and discover practical strategies to maintain balance and emotional stability. Through guided discussions, relaxation techniques, and mindfulness-based exercises, teachers will learn how to enhance their well-being, prevent burnout, and build long-term resilience.

COURSE OBJECTIVES

By the end of this course, participants will be able to:

- To develop practical strategies for managing stress and maintaining well-being.
- To enhance emotional intelligence, self-awareness, and coping mechanisms.
- To learn relaxation, breathing, and mindfulness techniques.
- To promote a balanced and positive approach to teaching and personal life.
- To build supportive relationships and foster a positive school climate that encourages collaboration, empathy, and mutual understanding.
- To identify early signs of burnout and implement proactive steps to prevent it through time management, boundary-setting, and self-care routines.
- To integrate stress management techniques into daily teaching practice for long-term resilience and sustained professional satisfaction.



LEARNING OUTCOMES

After completing this course, participants will be able to:

- Identify personal and professional stress factors.
- Apply techniques to reduce stress and increase emotional balance.
- Develop habits that support physical and mental well-being.
- Foster resilience and adaptability in challenging situations.
- Contribute to creating a supportive and healthy school environment.
- Integrate mindfulness and self-reflection practices into their daily routine to maintain long-term balance and job satisfaction.

DURATION:

5 Days

LANGUAGE:

English or Spanish

SCHEDULE:

Monday to Friday

09:30 – 14:30
5 hours per day

OTHER SERVICES

- Beach front accommodation
- Airport transfers
- Local transport
- One day trips
- Documentation support
- Additional project assistance

CERTIFICATES

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

TRAINING ACTION

Day 1

Understanding Stress and Its Impact

- Defining stress and its physiological and psychological effects.
- Recognizing individual stress triggers in education.
- The relationship between stress, performance, and motivation.
- Self-assessment: identifying personal stress patterns.

Day 2

Emotional Awareness and Self-Regulation

- The role of emotional intelligence in stress management.
- Identifying emotions and developing self-control.
- Communication techniques to manage difficult situations.
- Guided breathing and short relaxation practices.

Day 3

Practical Strategies for Managing Stress

- Time management and prioritization techniques.
- Setting boundaries and balancing work demands.
- Cognitive strategies for reframing stressful thoughts.
- Evening relaxation and mindfulness session on the beach.

Day 4

Mindfulness and Resilience Building

- Introduction to mindfulness-based stress reduction (MBSR).
- Techniques to stay calm and focused in the classroom.
- Building resilience through positive psychology practices.
- Group reflection and outdoor relaxation exercises.

Day 5

Creating a Sustainable Well-being Plan

- Developing a personal stress management plan.
- Sharing best practices and peer learning.
- Strategies for maintaining long-term balance and motivation.
- Closing reflection and certification ceremony by the sea.

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



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