

TEACHERS' WELL-BEING: FINDING BALANCE AND BUILDING RESILIENCE



**Organisation ID:
E10384986**

 europexchangecentre

 EuropeXchange

 Torrox Costa, Malaga, Spain



www.europex-change.com



COURSE OVERVIEW

This course focuses on supporting teachers' mental, emotional, and physical well-being in today's demanding educational environments. Participants will explore stress management techniques, emotional intelligence, mindfulness, and work-life balance strategies to improve personal and professional satisfaction. The course provides practical tools to prevent burnout, enhance motivation, and build resilience, helping educators maintain their energy, creativity, and enthusiasm in the classroom.

COURSE OBJECTIVES

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

- To understand the importance of teacher well-being for effective teaching and learning.
- To identify stressors in the educational environment and learn strategies to manage them.
- To promote emotional intelligence and self-awareness.
- To develop practical techniques for mindfulness, relaxation, and work-life balance.
- To create a supportive school culture that values teacher health and happiness.
- To build personal and professional resilience to cope effectively with challenges and change.
- To cultivate long-term habits and mindsets that sustain motivation, energy, and overall well-being throughout the teaching career.



LEARNING OUTCOMES

After completing this course, participants will be able to:

- Participants will be able to apply stress management and relaxation techniques.
- They will develop stronger emotional resilience and self-regulation.
- They will enhance their motivation, focus, and job satisfaction.
- They will promote a healthy, balanced approach to work and personal life.
- They will contribute to a positive and caring school environment.

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 Well-being in the Teaching Profession

- Defining well-being and its importance for educators.
- Recognizing stress and burnout symptoms.
- The link between teacher well-being and student outcomes.
- Self-assessment: current challenges and strengths.

Day 2

Emotional Intelligence and Resilience

- Developing self-awareness and empathy.
- Managing emotions in challenging classroom situations.
- Building resilience and adaptability.
- Group reflection and supportive communication exercises.

Day 3

Stress Management and Mindfulness Practices

- Techniques for relaxation, breathing, and mental clarity.
- Introduction to mindfulness in education.
- Time management and setting healthy boundaries.
- Guided practical exercises for daily use.

Day 4

Building Positive Relationships and School Climate

- The role of teamwork and collaboration in teacher well-being.
- Communicating needs and setting boundaries assertively.
- Creating a supportive and respectful work culture.
- Sharing good practices among participants.

Day 5

Work-Life Balance and Sustainable Teaching

- Strategies for maintaining long-term motivation and health.
- Designing a personal well-being plan.
- Reflection on professional values and self-care.
- Evaluation, feedback, and certification ceremony.

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



START YOUR EDUCATIONAL JOURNEY WITH US ON COSTA DEL SOL !



Get in touch



INFO@EUROPEX-CHANGE.COM



+34 662 280 571



EUROPEXCHANGE



EUROPEXCHANGECENTRE

