



Program Description

As educators, we all experience a wide range of emotions—whether it's in ourselves, our students, or our colleagues. These emotions can sometimes lead to tensions in our relationships and communication. At times, we may overreact or feel uncomfortable with how we've handled a situation. Our minds are often racing, making it difficult to find the right solution.

This course is designed to help you harness your emotions and thoughts so that they work for you, not against you. You'll learn how to approach difficult situations and conflicts with greater understanding and a calmer demeanor.

By participating, you will develop skills to manage stress, feelings of overwhelm, anger, fear, frustration, and overthinking. These tools will help you navigate challenging situations more effectively, improve your relationships, and cultivate greater compassion for yourself and your students. Ultimately, you'll achieve a better balance and emotional well-being, and be better equipped to support the same in your students.

Competences

- Master various techniques to manage difficult situations effectively.
- Learn how to regulate emotions and thoughts to enhance both your behavior and that of your students.
- Improve the ability to process information, enhance student attention and concentration, and teach them to manage their emotions. This leads to reduced anxiety and fatigue, reinforced self-esteem and social skills,
- Increased empathy, and improved academic performance.
- Develop the skill of processing information with a calm and focused mind.
- Build expertise in conflict resolution, lowering stress and frustration levels in the classroom.
- Strengthen communication skills and improve the process of building relationships among students, teachers, and the entire educational community.
- Cultivate the ability to understand issues from the perspectives of others.
- Gain knowledge in emotional management, including active listening, empathy, acceptance, and assertiveness.
- Become more aware of the significant impact that teachers have on their students' development and lives.

Methodology

The course methodology is centered on the experiences and needs of the group. It will primarily employ practical approaches, including visualizations, tapping, emotional work, group activities, and coaching tools. Participants will learn how to integrate these techniques into various phases of their daily routines.

Results

By completing this course, participants will be able to:

- Understand how emotions and the mind function, and how to work with them to achieve more positive outcomes in daily life.
- Manage emotions such as anger, stress, fear, overwhelm, frustration, overthinking, and sadness more effectively.
- Cultivate greater compassion, understanding, and acceptance in daily interactions, both for themselves and their students.
- Achieve greater balance, emotional well-being, and a reduction in overthinking.
- Explore and teach new strategies for dealing with unpleasant feelings and thoughts, benefiting both themselves and their students.
- Improve relationships not only with students but also with colleagues and in their personal lives.
- Create an environment of trust and acceptance within their classrooms and schools.

- Foster a more positive attitude within their community.

Day by day Planning

Day 1: Emotions Introduction

- 9.00-9.30 Welcome Session.
- 9.30-10.00 Ice breaker and setting goals.
- 10.00-11.00 Presentation activity where participants will know each other and group exchange: sharing experiences related to the topic of the workshop.
- 11.00-12.00 Establishing the common agreement: Goals, expectations and fears related to the course..
- 12.00-13.00 Emotions: Fundamental Nature, Mechanisms, Underlying Causes, and Appropriate Responses.
- 13.00-13.30 Visualization.
- 13.30-14.00 Group reflection and conclusions.

Day 2: Anger

- 9.00-10.00 Understanding Anger: Harnessing Its Potential for Personal Growth and Constructive Outcomes.
- 10.00-11.00 Immature vs. Mature Expressions of Anger: A Comparative Perspective on Emotional Regulation.
- 11.00-12.30 Group activity, How to release anger, how to gain maximum from anger and what it can help with.
- 12.30-13.00 Visualization.
- 13.00-13.30 Managing Anger in Students: Strategies for Intervention, Emotional Regulation, and De-escalation.
- 13.30-14.00 Group reflection. Day Conclusions.

Day 3: Stressed and Overwhelmed

- 9.00-10.00 The Nature of Stress and Evidence-Based Approaches to Alleviation.
- 10.00-11.00 Techniques for Stress Reduction and Emotional Regulation
- 11.00-13.00 Group activity, Overwhelmed, Visualization.
- 13.30-14.00 Group reflection. Day Conclusions.

Day 4: My mind is my friend, fears

- 9.00-11.00 Group Activity: Understanding Overthinking – Causes and Effective Coping Strategies
- 11.00-13.00 Group Activity: My Mind, My Ally – Exploring How the Mind Can Support Personal Growth
- 13.00-13.45 Fear and Obstacles: Understanding Their Impact and Strategies for Overcoming Them.
- 13.45-14.00 Group reflection. Day Conclusions.

Day 5: Emotions and relax

- 9.00-11.00 Group Activity: Exploring Emotions Through Painting – Cultivating Intuition, Compassion, and Acceptance.
- 11.00-13.00 Group Activity: Relaxation and Creativity Using the 'Empty Box' Technique.
- 13.00-13.30 Group reflection. Day Conclusions.
- 13.30-14.00 Goodbye Session.