

Katalog kursów Erasmus Plus Mobilność

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Dublin - Mindfulness with Resilience and Wellbeing Strengths for Teachers [EPD-MW]

Lokalizacja

Dublin - stolica Republiki Irlandii. To nowoczesne, rozwijające się, zamożne i młode, europejskie miasto. Znane nazwiska, takie jak Joyce, Yeats czy Swift oraz ich współcześni odpowiednicy, są widoczne i demonstrowane - w zakątkach pubów, szmaragdowo-zielonych parkach, na gregoriańskim, największym skwerze Irlandii. Tu historia wygląda z każdego zakątka.

Nasze kursy prowadzone są w dawnej szkole dla chłopców za kościołem św. Marii przy Haddington Road, w spacerowej odległości od St. Stephens Park. Sale są przestronne, wygodne i jasne oraz wyposażone w tablice multimedialne/telewizory, sprzęt audio i video oraz dostęp do Internetu.

Program szkolenia

This 2-week course consist of two courses focusing of wellbeing for teachers:

- 1) Mindfulness for Teachers: a Hands-on Approach
- 2) Resilience and Wellbeing Strengths for Teachers

FIRST WEEK

This course has been created for teachers and staff who want to learn more about what Mindfulness is, how it can benefit both their students and themselves, and how it can best be integrated into their schools.

By establishing a firm foundation in their own self-practice throughout the course, participants will learn how Mindfulness can be cultivated in a practical, hands-on way. Course participants will be encouraged to keep a journal of their experiences which will provide insight even after the course has finished, and help motivate them to continue their own practice.

By the end of this course, participants will have established their own Mindfulness practice, having experienced its benefits first-hand. Participants will leave the course with a toolbox of Mindfulness practices which they can use in their classrooms. They will have gained an understanding of how these practices can be adapted to their individual student populations, and how they can be introduced to students unfamiliar with Mindfulness. Finally, they will have a firm grasp of how Mindfulness practices can have a positive effect on students' moods, ability to focus, stress levels, and communication - as well as their own.

SECOND WEEK

Some people thrive in a crisis. Other people flourish in a state of well-being. Neither of these two states can be maintained consistently and they vary at any given time, in different aspects of our lives. We are constantly in a state of flux and change, perhaps now more than ever.

Resilience can be described as a set of strengths we can employ to drive us towards achieving a balance between the highs and lows that we experience, in life and work. Together with wellbeing, it allows us to

make teaching and learning sustainable and meaningful during times of change, crisis and challenge. While we cannot maintain a constant level of wellbeing, we can lead students and teachers to recognize when a state of wellbeing exists and when drawing on resilience strengths is useful or necessary.

In this course, we will share and discuss the importance of teachers understanding and taking responsibility for developing their resilience strengths to help them navigate their way towards a heightened and more stable state of wellbeing. Through exploring strategies such as emotional management, positive mindset, changing the internal narrative, and building empathy and compassion, participants will discover how to rebuild resilience and render their life more enjoyable and manageable. By identifying and analyzing the strengths necessary for achieving wellbeing and behaving resiliently, we will collaborate to find ways of navigating emotional highs and lows in ways that promote mental, emotional, and physical health.

SAMPLE PROGRAMME

1) Day 1 - Course introduction and intro to mindfulness

- Course introduction
- Introduction to the course, the school, and the external week activities;
- Icebreaker activities using drama for trust and ensemble building.
- Intro to mindfulness
- Identification of needs and goals for each participant and relevant populations;
- Establishing a definition of Mindfulness;
- Introduction to seated practice;
- Self-practice as a foundation for integrating Mindfulness into the classroom;
- Embodiment practices;
- Presentations of the participants' schools.

2) Day 2 - The science behind mindfulness

- Seated practice and discussion;
- The history and science of Mindfulness;
- Benefits of Mindfulness for teachers and students;
- Focused attention practices.

3) Day 3 - Introducing mindfulness to students

- Seated practice and discussion;
- A history of Mindfulness in schools;
- Approaches to integrating mindfulness practices into schools;
- The language of Mindfulness in the classroom;
- Introducing the concept of Mindfulness to students;
- Mindfulness and inclusivity;
- Adapting the practices for different ages and needs;
- Heartfulness practices.

4) Day 4 - Mindfulness and classroom management

- Seated practice and discussion;
- Mindful listening and communication;
- Mindfulness and classroom management;
- Interconnection practices.

5) Day 5 - Creating a meditation practice

- Seated practice and discussion;
- Creating and presenting a meditation practice;

- Group feedback.

SATURDAY: Excursion and other external cultural activities.

SUNDAY: Rest day

6) Day 6 - Course introduction "Resilience and Wellbeing"

- Introduction to the course, the school, and the external week activities;
- Icebreaker activities;
- Presentations of the participants' schools;
- Share and connect through "who we are" and "who I am", strength-based activities.

7) Day 7 - Exploring how wellbeing and resilience work and monitoring your internal narrative

- Appreciate the wellbeing and resilience are not the same but strongly impact each other;
- Experience, reflect on, and construct wellbeing and resilience analogies and storytelling frameworks.

8) Day 8 - Inquiring into your own mindset and identifying your strengths

- Explore fixed and growth mindsets;
- Develop descriptions of scenarios that expose our current mindset and collaborate to experiment with a range of possible responses to challenging and stressful situations through role plays and storyboarding activities;
- Describe ourselves and each other using strength-based vocabulary;
- Construct empowering conversations focused on "When I am at my best" declarations;
- Experience the positive power of Appreciative Inquiry.

9) Day 9 - Managing your emotions and cultivating compassion

- Appreciate that emotions are powerful but temporary;
- Reflecting on how and why our behaviours and the behaviours of others trigger certain emotions;
- Naming, embracing and accepting your emotions and how they affect you, mentally and physically;
- The Life Cycle of an emotion - interrupting, acknowledging, managing and moving past them;
- Experience how moving the body, mindful breathing exercises and being kind to yourself and others can bring relief, calm and acceptance.

10) Day 10 - Exploring wellbeing and resilience actions and strategies with course closure

- Investigate the I, we, and them of well-being through consideration of emotional, physical, social, workplace, and societal perspectives;
- Explore possible actions you can take in your context to strengthen and develop resilience behaviors;
- Select a "Resilience Strengthening" strategy and create a plan of action for implementing it...at work and/or play.
- Course evaluation: round-up of acquired competencies, feedback, and discussion;
- Awarding of the course Certificate of Attendance.

Details:

- Activities included: if not otherwise specified all courses includes at least one city guided tour and one full day excursion.
- Lessons are from Monday to Saturday, if not stated otherwise.
- Course Schedule: Course will take place in Morning (9 - 13:45) or in the Afternoon (14:00 - 18:45).

Długość i termin szkolenia

Szkolenie trwa 2 tygodnie i obejmuje 20×45 min. zajęć tygodniowo. Daty rozpoczęcia: 2022-08-01, 2022-09-05, 2022-10-03, 2022-11-07, 2022-12-05.

Dostępne opcje

Poniżej przedstawiamy orientacyjne koszty pakietów kurs+zakwaterowanie, przeliczone na walutę rozliczeń grantu tj. EUR. Propozycje te uwzględniają dozwolone przesunięcia środków między poszczególnymi kategoriami wydatków, tak aby całość kosztów była pokryta z grantu. W kolumnie *kieszonkowe* podana jest szacunkowa kwota, jaka pozostanie na dodatkowe wyżywienie, dojazdy komunikacją miejską itp w zależności od wybranej opcji zakwaterowania. Wydatki z kieszonkowego nie wymagają dokumentowania rachunkami.

	2 tyg.	kieszonkowe
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Istnieje możliwość zamówienia samego kursu (20×45 min./tydz.) w cenie 880 EUR, w takim przypadku na utrzymanie i kieszonkowe pozostanie do dyspozycji kwota 1558 EUR.

Cennik

Poniżej podane są ceny kursu i opcji zakwaterowania w oryginalnej walucie kursu, które obowiązują w rozliczeniach z SJO GLOSSA.

	2 tyg.
kurs (20×45 min./tydz.)	880 EUR

Uwaga:

1. Grant Erasmus+ obejmuje także kwotę 350 EUR na każdego uczestnika projektu. Wg informacji uzyskanych z Agencji Narodowej istnieje możliwość przesunięcia tych pieniędzy na dopłatę do kosztów kursu - w przypadku wyboru droższego kursu.
2. Szczegółowe informacje na temat kwot przyznawanych grantów można znaleźć tutaj.
3. Obowiązują dopłaty sezonowe w okresie: