

## MINDFULNESS AND EMOTIONAL INTELLIGENCE FOR TERTIARY/EDUCATORS COURSE

Academics, lecturers, teachers, researchers, doctoral students – any professional working in Higher Education or education management who wants to enhance their personal and professional performance, wellbeing and satisfaction, and who has an interest in transferring those skills to their students or colleagues.

**Minimum English Level Required:** B1 on the CEFR

**Accommodation Options:** Host family or self-catering apartment/ residence ([More information](#))

### SCHEDULE

**Dates:** Courses run **throughout the year** ([see calendar](#))

**Location:** Atlantic Language School, Galway  
**Timetable:** Courses run for 5 days (**Monday to Friday**), consisting of **25 hours** of seminar, workshop and cultural activity hours.

**Tuition Price:** €445 per person, including **Registration fee and end of course certificate.** (accommodation costs are extra)



### COURSE OUTLINE

*The aim of the course is to give the participant a basic foundation into the practice of mindfulness applied to higher education. Mindfulness is known to improve wellbeing and can foster critical thinking, performance, creativity, and empathy; all of which are valuable life skills which can be transferred to our professional lives. During the course the participant will also develop their emotional intelligence and become more emotionally competent both on an intrapersonal and interpersonal level and thereby enhance their performance and improve their relationships.*

### COURSE OBJECTIVES

<p><b>Overall objectives of the mobility</b></p>	<ul style="list-style-type: none"> <li>• To learn the basic theory behind emotional intelligence and mindfulness</li> <li>• To acquire fundamental practical skills to bring that theory into life in their careers</li> <li>• To make the necessary changes to enrich and sustain satisfaction and performance as educators</li> <li>• To increase wellbeing and decrease stress</li> <li>• To become a future ambassador for the transfer of the skills and abilities acquired to others</li> <li>• To enhance communicative skills</li> </ul>
<p><b>Added value of the mobility</b></p>	<p>The course equips participants to reflect on their experience in the classroom and to foster their professional and personal development. It will also help participants to build their competence and confidence by becoming more conscious of how they relate to the situations and people around them.</p>
<p><b>Activities to be carried out</b></p>	<p>Interactive teaching with individual and group work to:</p> <ul style="list-style-type: none"> <li>• Understand the theory and practice of Mindfulness and its relation to Emotional Intelligence.</li> <li>• Increase wellbeing and reduce stress.</li> <li>• Enhance performance, focus and productivity.</li> <li>• Become more empathetic and enhance teamwork.</li> <li>• Embrace difficulty and solve problems.</li> <li>• Communicate effectively and with compassion.</li> <li>• Resolve conflicts. · Stimulate creativity and critical thinking.</li> <li>• Become a mindful individual with a GROW mindset.</li> <li>• Foster intercultural relations and collaboration.</li> </ul>
<p><b>Expected outcomes and impact</b></p>	<p>Incorporate mindfulness into education as a tool to improve wellbeing and performance. Become more emotionally competent. Become mindful educators. Achieve goals without striving too hard. Build a wiser more compassionate future. Embrace new cultural contexts and build networks with international colleagues.</p>



## CULTURAL PROGRAMME

The seminar programmes are delivered in Atlantic Language School in Galway on Ireland's Wild Atlantic Coast, and participants will have ample opportunity to learn about the cultural heritage of both Ireland and the local area. The week-long programme includes a professional walking tour, a cultural outing, networking lunch, and a heritage trip, all integrated with course objectives.

The seminar also includes opportunities for ongoing networking and a cultural immersion in activities such as Irish Dance. Day trips are available to the splendid Aran Islands on Europe's edge or the Cliffs of Moher.

## CERTIFICATION

The Organiser, Atlantic Language, will provide required documents including:

- STT invitation
- EUROPASS
- Work Plan (on request)
- Certificate of Participation and Attendance
- CEFR level certificate (on request)

**ORGANISATION ID: E10256058**

## SAMPLE TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
09:00 – 12:30	09:00 – 12:30	09:00 – 12:30	09:00 – 12:30	09:00 – 12:30
Sharing intentions, outlining objectives and defining mindfulness and emotional intelligence in the context of tertiary education. <ul style="list-style-type: none"> <li>• Basic mindfulness practices.</li> <li>• Exploring the theory of emotions.</li> <li>• Template for creating a GROW project.</li> </ul>	<ul style="list-style-type: none"> <li>• Incorporating mindfulness into my life.</li> <li>• Increasing wellbeing and reducing stress.</li> <li>• Increasing performance, self-esteem and focus.</li> </ul>	<b>Mindfulness and the people and situations that affect me.</b> <ul style="list-style-type: none"> <li>• Embracing difficulty and overcoming challenges.</li> <li>• Enhancing teamwork and developing compassion.</li> <li>• Resolving conflicts.</li> </ul>	<b>Mindfulness for academic performance.</b> <ul style="list-style-type: none"> <li>• Using technology.</li> <li>• Stimulating creativity and critical thinking.</li> <li>• Adapting and creating resources.</li> </ul>	<b>Becoming a mindful educator.</b> <ul style="list-style-type: none"> <li>• Creating and implementing a project.</li> <li>• GROW project presentations.</li> <li>• Peer and Trainer Feedback</li> </ul>
13:30 – 15:00	13:30 – 15:00	13:30 – 15:00	13:30 – 15:00	13:30 – 15:00
Cultural outing Walking Tour	Building empathy and becoming an effective communicator.	Heritage Tour: Organised group visit to a site of cultural significance	Fundamentals of educational coaching.	<b>End-of-Course</b> <ul style="list-style-type: none"> <li>• 1 to 1 Feedback</li> <li>• Dissemination activities</li> <li>• Course Feedback</li> <li>• Certificate Presentation</li> </ul>