

## Erasmus+ Course for Higher Education Staff

# Mindfulness for Educators

Learn the foundations of mindfulness as applied to education and explore how it can improve wellbeing and foster critical thinking, performance, creativity, and empathy.

### COURSE OUTLINE

This course aims to give the participant a basic foundation in the practice of mindfulness as applied to education. Mindfulness is known to improve wellbeing and can foster critical thinking, performance, creativity, and empathy - valuable life skills which can be transferred to our professional lives. The participant will also develop their emotional intelligence and become more emotionally competent both on an intrapersonal and interpersonal level, enhancing performance and improving relationships.

### COURSE OBJECTIVES

**Overall objectives of the mobility.** To learn the basic theory behind emotional intelligence and mindfulness. To acquire fundamental practical skills to bring that theory into life in their careers. To make the necessary changes to enrich and sustain satisfaction and performance as educators. To increase wellbeing and decrease stress. To become a future ambassador for the transfer of the skills and abilities acquired to others. To enhance communicative skills.

**Added value of the mobility.** 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.

**Activities to be carried out.** Interactive teaching with individual and group work to: understand the theory and practice of Mindfulness and its relation to Emotional Intelligence; increase wellbeing and reduce stress; enhance performance, focus and productivity; become more empathetic and enhance teamwork; embrace difficulty and solve problems; communicate effectively and with compassion; resolve conflicts; stimulate creativity and critical thinking; become a mindful individual with a GROW mindset; foster intercultural relations and collaboration.

**Expected outcomes and impact.** 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.



### DESIGNED FOR

Teachers, Academics, Lecturers, Researchers, PhD Candidates, and Professionals working in Higher Education who is required to publish their work in English.

### MINIMUM LEVEL OF ENGLISH

B1 Intermediate (CEFR)

### COURSE LENGTH

Monday to Friday, 20 lessons / week  
+ Social and Cultural Activities  
+ Full-day Tour on Sunday

### ACCOMMODATION

Self-Catering Shared Apartment  
or Host Family [SEE OPTIONS](#)

### CERTIFICATION

Certificate of Participation  
and Attendance

### DOCUMENTS PROVIDED

STT Invitation, Europass, Work  
Plan (on request), Certificate

## CULTURAL PROGRAMME

The courses 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 full-day cultural tour to a local area of scenic and heritage value, a guided historical walking tour of Galway city, and afternoon social and cultural activities. Our staff are happy to suggest other tours and events to enjoy during your stay in Galway.

## SAMPLE TIMETABLE

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Arrival</b>	<b>Full-Day Tour to Wild Atlantic Way</b> Possible tours include: <b>Cliffs of Moher</b> (throughout the year) <b>Connemara</b> (from May to October) <b>Aran Islands</b> (from May to October)	<b>9.00 - 12.30</b> <b>Sharing intentions, outlining objectives and defining mindfulness and emotional intelligence in the context of education</b> Basic mindfulness practices Exploring the theory of emotions Template for creating a GROW project <b>13.30</b> Walking Tour of Galway City	<b>9.00 - 12.30</b> <b>Incorporating mindfulness into my life</b> Increasing wellbeing and reducing stress Increasing performance, self-esteem and focus <b>15.30 - 16.30</b> 'Getting to Know You' - Tea & Chat Networking	<b>9.00 - 12.30</b> <b>Mindfulness and the people and situations that affect me</b> Embracing difficulty and overcoming challenges Enhancing teamwork and developing compassion Resolving conflicts <b>15.30 - 16.30</b> Wednesday Workshops	<b>9.00 - 12.30</b> <b>Mindfulness for academic performance</b> Using technology Stimulating creativity and critical thinking Adapting and creating resources <b>20.00</b> Pub Night	<b>9.00 - 12.30</b> <b>Becoming a mindful educator</b> Creating and implementing a project GROW project presentations Peer and Trainer Feedback <b>From 12.30</b> Explore Galway City - Digital Scavenger Hunt

## CALENDAR 2024

<b>June:</b> 24 - 28	<b>July:</b> 8 - 12, 22 - 26	<b>August:</b> 5 - 9, 19 - 23
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## PRICE LIST 2024

20 Lessons per Week	All Course Materials	Registration Fee	End of Course Certificate	Afternoon Activities	Full-Day Excursion	Price (1 week)
✓	✓	✓	✓	✓	✓	€ 525

Atlantic Language School - Erasmus+ Organisation ID: **E10256058**

[CONTACT US](#)

[APPLY NOW](#)