

## ERASMUS+ COURSE FOR HIGHER EDUCATION STAFF

# TOOLS FOR MINDFUL 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

#### 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.

### CULTURAL PROGRAMME

The courses are delivered in Atlantic Centre of Education 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 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.



#### Suitable for:

All teachers working in Higher Education, Adult or Vocational Education

#### Minimum Level of English

B1 (CEFR)

#### Programme Length

5 days tuition (Monday – Friday) +  
1 full-day activity  
25 hours

#### Certification

Certification of Participation and Attendance

#### Documents Provided

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



**Atlantic**  
CENTRE OF EDUCATION

#### Atlantic Centre of Education

erasmus@atlantic.ac  
atlanticlanguage.com

Fairgreen Road, H91 AXK8, Galway

# SAMPLE TIMETABLE

\*SUGGESTED TIMETABLE ONLY, ACTUAL CONTENT MAY VARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Full-Day Excursion on Wild Atlantic Way</b>  Options include; Connemara Aran Islands Cliffs of Moher	Intentions, Objectives & Defining Mindfulness & Emotional Intelligence	Incorporating Mindfulness into my Life	Mindfulness and the People & Situations that Affect Me	Mindfulness for Academic Performance	Becoming a Mindful Educator
	Basic Mindfulness Practices	Increasing Wellbeing & Reducing Stress	Embracing Difficulty & Overcoming Challenges	Using Technology	Creating & Implementing a Project
	Exploring the Theory of Emotions Template for Creating a GROW Project	Increasing Performance, Self-Esteem & Focus	Enhancing Teamwork & Developing Compassion	Stimulating Creativity & Critical Thinking	GROW Project Presentations
			Resolving conflicts	Adapting & creating resources	Peer & Trainer Feedback
Walking Tour of Galway	Pub Night	"Skills Boost" Wednesday Workshop	Irish Culture Workshop	Explore Galway Interactive Tour	

## COURSE DATES

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----	-----

16-20

7-11

4-8

14-18

18-22