

Tools for Mindful Educators

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

Course Outline

Tools for Mindful Educators 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.

All courses take place at the Atlantic Centre of Education in Galway, on Ireland's Wild Atlantic Way, offering participants the chance to explore Irish and local cultural heritage through a week-long programme that includes a full-day cultural tour, a guided walking tour of Galway city, and afternoon social and cultural activities, with staff available to recommend additional events and excursions.

Objectives

Learn the basic theory behind emotional intelligence and mindfulness 

Acquire fundamental practical skills to bring this theory into life in your professional life. 

Consider how to use theories of mindfulness to aid students with problem solving 

Develop mindful lessons and daily tasks that can be adapted to your classroom 

Added value of the mobility

The course equips participants to reflect on their classroom experiences and 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
- Workshop sessions to practice mindfulness activities that will work in an educational setting
- Exploration of tools and resources to help develop a useful mindfulness practice.
- Cultural and heritage trips as part of a chaperoned group

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.

Suitable for: Teachers and education professionals working in secondary, vocational, Adult Education and Higher Education sectors

Minimum Level of English: B1 (CEFR)

Certificate: Certification of Participation and Attendance

Programme Length: 5 days of tuition (Monday to Friday) +
1 full-day activity
25 hours

Documentation provided: STT Invitation letter, Europass,
Work Plan (on request), End of
Certificate

SAMPLE TIMETABLE

Morning: 9.00-12.30 // Afternoon: 1.30-3.00

**suggested timetable only, actual content may vary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Introduction Icebreakers, needs analysis, and intention setting Defining Mindfulness & Emotional Intelligence Basic Mindfulness Practices Looking at theories of Emotions	Educator Tools for Mindfulness Mindfulness – a self-assessment Eating mindfully Nurturing vs Depleting Activities Working with the GROW coaching model	Creating a Reflective Classroom Teaching Active listening and conflict resolution Mindfulness for problem solving Enhancing teams & developing compassion for others	Mindful Lessons Developing a mindful lesson plan. Adapting your lessons to include mindfulness. Stimulating creative & critical thinking with mindfulness	Presentations and Feedback Peer Presentations. Reflection and Review. Course Overview & Self-Assessment Self-Study Resources + Next Steps
LUNCH BREAK				
Erasmus Workshop English Language & Irish Culture Walking tour of Galway	Erasmus Workshop eg. Speaking Skills & Pronunciation Pub Social Evenin	Erasmus Workshop eg. Learn English through Music	Erasmus Workshop Museum Visit	Erasmus Workshop Phrasal Verbs & Idioms
SUNDAY				

TOOLS FOR MINDFUL EDUCATORS

2026 COURSE DATES

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
		16-20						10-14			

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