



idevelop

# EMOTIONS & MIND



## DESCRIPTION

We all have emotions, we-teachers, our students, colleagues and that sometimes creates tensions in our relationships and communication. We sometimes overreact or simply not feel good the way the way we reacted. On top of it, our mind works on 120% and there seems to be no right way/solution.

Gain the ability to work with the emotions and mind that they work for you, not against you. Gain the ability to solve difficult situation or conflicts with more understanding and calmer way.

Learn how to work with stress, overwhelmed, anger, fear frustration, overthinking and solves the situation more easily, improve your relationships, have more compassion with yourself and your students. Have more balance, emotional well-being and help with the same your students.



## METHODOLOGY

The methodology of the course focuses on group experience and needs.

The training will follow mainly practical approaches; visualisations, tapping, emotion work, group activities and coaching tools as part of the course, the participants will learn how to implement these techniques in the various phases of their daily routines.





## COMPETENCES

- Know the different techniques to manage difficult situation
- Know how to manage emotions and mind to achieve better result in own and student's behaviour
- Process information better, improve students' attention and concentration, teach them to manage their emotions, reduce anxiety and fatigue, reinforce their self-esteem and social skills, boost empathy and improve their academic skills,
- Learn to process information with a calmer mind
- Developing skills in conflict resolution.
- Lower stress and frustration levels in the classroom.
- Strengthening communication skills, Improve communication skills and the process of building relationships between students, teachers, and the whole educational community.
- Train the ability to see issues from the perspective of other people
- To learn about emotional management. Active listening, empathy, acceptance and assertiveness.
- Become more aware of the impact of teachers on students' development and lives





## RESULTS

By completing this course, participants will be able to:

- Understand how the emotions and mind work, how to work with them and achieve more win-win situations in daily life
- Manage and work with anger, stress, fear, overwhelmed, frustration, overthinking, sadness better
- Have more compassion, understanding and acceptance in their daily life, for themselves and students.
- Have more balance, emotional well-being and less overthinking
- Explore with participants and their students' new ways to deal with unpleasant feelings and thoughts
- Improve relationships with students but also with colleagues and your private life
- Create an environment of trust and acceptance in your classroom and school.
- Gain more positive attitude in your community



# DAY BY DAY

## WELCOME SESSION

By course mentor  
Introducing the Tutor  
Handing in of the course folders and useful information  
Introducing the course objectives.

## DAY 1: EMOTIONS INTRODUCTIONS

Icebreaker.

Getting to know each other. Presentation activity where participants will know each other and group exchange: sharing experiences related to the topic of the workshop

### COFFEE BREAK

Establishing the common agreement: goals, expectations and fears related to the course.

### BREAK

Visualization

Group reflection. Day conclusions

## DAY 2: ANGER

Anger and how to work with anger that it brings value for us

Immature and mature way of expressing anger

### COFFEE BREAK

Group activity, how to release anger, how to gain maximum from anger and what it can help with

### BREAK

Anger in my students, how to work with it and how to calm down

Group reflections. Day conclusions

## DAY 3: STRESS AND OVERWHELMED

Stress and how to release it

Stress release techniques

### COFFEE BREAK

Group activity, Overwhelmed, Visualization

### BREAK

Tapping for stress/ Overwhelmed

Group reflection. Day conclusions

## DAY 4: MY MIND, MY FRIENDS, FEAR

Group activity, overthinking- why and what to do

### COFFEE BREAK

Group activity, my mind friend- how mind can work for me

### BREAK

Fears and obstacles, how to overcome it

Group reflection. Day conclusions

## DAY 5: EMOTION AND RELAX

Group activity, painting and emotions, Intuition, Compassion and acceptance

### COFFEE BREAK

Group activity, relax, creativity and empty box

### BREAK

Group reflection. Day conclusions

### ROUND UP

#### PERSON IN CHARGE: COURSE MENTOR

iDevelop Quality Assessment Questionnaire.

Handing in Mobility Agreements.

Handing in Europass Mobility Certificates.

Handing in Training Certificates.





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