

Pilgrims

Teacher training 2024

How to be a Stress-Free Teacher

COURSE DATES

July 21st - July 27th

FEES

Course 955 €

Accommodation 390 €

COURSE LOCATION

Segovia, Spain

Target Audience

Teachers of English and all languages who teach Primary and upper-Primary students.

You will need an intermediate level of English (B1 or above) to participate in this course.

Course summary

This course will focus on an invaluable but often underestimated cog in the educational machine, the teacher. Most educational systems concentrate on exam results, grades and ranking tables. This dehumanised attitude often leads to frustration and burnout. We will look at the needs of teachers and discuss the prerequisites for their creativity, self-esteem as well as personal and professional fulfilment.

The course is designed to help you develop ways of coping with stress, build successful strategies to maintain wellbeing and create a friendly learning environment in which you and your students will thrive.

Course content

- Stress and the ways it affects us
- Wellbeing and mindfulness for teachers and learners
- Dealing with conflict & difficult situations
- Building your own support system: idea sharing, mutual supervision, peer teaching and observation
- Blocks to teaching & learning e.g. Perfectionism, boredom
- Relaxation techniques in the classroom
- Ways of dealing with challenging students
- Changing negative thinking patterns
- Harmonising our working, family and social lives.
- Focusing on our strengths and strengthening our weaknesses



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Recommended reading

The Truth about Burnout, Christina Maslach

Every Teacher Matters: Inspiring Wellbeing through Mindfulness, Kathryn Lovell

Teaching the Unteachable, Marie Delaney

Mindfulness for Teachers: Simple Skills for Peace and Productivity in the Classroom, Patricia A. Jennings

<https://www.1giantmind.com/>

<https://www.themindfulnessapp.com/>

<https://www.mindfulschools.org/>

Type of certification awarded

Attendance certificate detailing topics covered, course content and the number of training hours.

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