

Pilgrims

Teacher training 2025

Wellbeing, mindfulness, and stress management for teachers

COURSE DATES
13th – 18th July

FEES
Course 955 €
Accommodation 390 €

COURSE LOCATION
Segovia, Spain

Target audience

Teachers of English and all languages who teach all levels of 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 how to incorporate the principles of mindfulness and the application of strategies and techniques to use in the classroom, and also on the impact of burnout. We will focus on the needs of teachers and discuss the prerequisites for their creativity, self-esteem as well as personal and professional fulfilment. We will provide strategies to understand the emotional aspects of teaching and help teachers not to “neglect” their own emotions. To regain perspective on tasks by techniques such as tension reduction: slowing down, taking minute to stop and stretch are some coping strategies that will be shared. The course is designed to help teachers develop ways of coping with stress, build successful strategies to maintain wellbeing, and create a friendly, happy learning environment in which both teachers and students will thrive.

Course content

- What is Stress and the way it affects us
- How to avoid Burnout
- Wellbeing and Mindfulness for teachers and learners
- Relaxation techniques in the classroom - eg. breath work and movement to connect with our inner self .
- Building your own support system: idea sharing, mutual supervision, peer teaching and observation
- Dealing with conflict & difficult situations
- Ways of dealing with challenging students and
- Blocks to teaching & learning e.g. perfectionism, boredom, assessing, meeting deadlines
- Changing negative thinking patterns – reframing negative language
- Harmonizing our working, family and social lives -how to be a happy teacher
- Focusing on our strengths and strengthening our weaknesses

Special offers for 2025
10% off if two book together
15% off if three book together
Early bird - 50 euros off if you book before 18.01.2025



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PIC number PIC 875840452 OID number E10367663

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Sample programme

Please note this is only a sample programme and the actual programme will be negotiated between your trainer and the group on the first day of the course.

Monday	Tuesday	Wednesday	Thursday	Friday
Group formation, bonding and goal setting	Action plans to understand your stress and generate solutions	The principles of mindfulness in the classroom	Dealing with difficult situations in the workplace	Building your own support system
What is stress and the way it affects us	How to avoid burnout and what it is	Strategies and techniques of mindfulness in the classroom	Managing - difficult students	How to be a happy teacher
Am I stressed? What are the symptoms of stress	Prioritise your own wellbeing	Relaxation techniques in the classroom	The use of positive language versus negative language	Course review, long term objectives and farewells

Is the course right for me?

Yes, if you are looking at ways of understanding humanistic approaches in teaching English in your classrooms and reaching all learners in affective ways

Type of certification awarded

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



Contact:
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