

The learning centred inclusive school supporting wellbeing for teachers and students

COURSE DATES
12th-17th July 2026

FEES
Course 970€
Accommodation including
full board 460€

COURSE LOCATION
Segovia, Spain

Our Audience

Teachers of English and all languages, subject teachers who teach at primary and secondary level. The course is also aimed at headteachers, school leaders and teacher trainers.

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

Course summary

This course will focus on three essential elements in supporting the wellbeing of teachers and students in creating and maintaining a learning centred inclusive school. 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 strategies and techniques to use in the classroom to lower stress, prevent burnout and how teachers and students can thrive through creativity.

We will explore the concept of a learning - centred inclusive classroom and school and will focus on the main additional needs issues that teachers and students are likely to encounter in schools – dyslexia, ADHD, autism spectrum and behavioural issues with practical solutions to include all learners

The course will also focus on how teachers can be empowered with essential leadership skills both at the level of the classroom and across the whole school including collaboration, team building, and teaching strategies tailored to reach every learner.

By the end of the course, participants will be equipped with a wide range of practical activities and strategies which support their wellbeing, integrity, and positive change both within their classrooms and educational communities.

Course content

- A learning-centred approach
- Humanising learning in the era of AI
- Teacher wellbeing
- Supporting self-care
- Coping with burnout
- Promoting diversity and multi-modal approaches
- Cognitive and learning differences
- Inclusive teaching and learning strategies
- Practical activities that can be used in any classroom and school
- Leadership skills for teachers and headteachers
- Whole school collaboration
- Team building



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
Getting to know each other and sharing our vision of the course. Bonding and group formation	PERMA framework for understanding Teacher Wellbeing and practical classroom activities	Growth mindset. The inclusive learning environment	A Multimodal Approach - Framework - Integrating wellbeing, inclusive practices and leadership.	Work-life balance and finding the joys of teaching, leading, and flourishing together
Group dynamics and teacher-learner rapport. Collaboration and cooperation. Working together in the classroom.	Language learning and teaching involving learners' and teachers' wellbeing with practical activities.	Working with and supporting additional needs - a deep dive into learning differences and practical inclusive activities.	Whole school approaches and activities in creating the inclusive school – the importance of leadership skills.	The art of reflecting and sharing. Self-reflection self-awareness, and fostering personal growth
Creating a growing community: why and how.	A toolkit to cope with burnout and boost self-care Mindfulness and full minds.	Relationships in our workplace and communities – creating the inclusive classroom and school in practical ways	Humanising AI Literacy in our practice and integrated with whole school approaches.	Collaborative closing of the course. Building the future and what that means for our practice.

Is this course right for me?

Yes, if you are looking at ways of understanding the reasons for burnout, how to support your own wellbeing, understand the meaning of learning centred inclusive practices and ways of ensuring whole school collaborative support and concepts of leadership for teachers and students.

Type of certificate awarded

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

Special Offers

50 Euro off for each person if you book two – five together

80 Euro off for each person if you book six or more together

Contact:

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