

# Pilgrims

## Flourishing in Education in difficult times

A series of 4 workshops to support you as a teacher and apply to your teaching context.

€35 one session

€105 whole series (4 sessions)

### Background

Most of us working in education are experiencing some difficulty and pain caused by:

- Extra demands on our time, implementing new health protocols and dealing with the anxiety of parents and students.
- Uncertainty and constant reinforcement of messages of crisis and the impact it has on our resilience and immune system.
- Having to support and reassure our students who face similar uncertainties that may impact on their long- term future.
- Being forced into teaching with technology with consequences for our values, perception of competence and experience of on-line education.

We do believe that teachers' well-being is crucial for our students' well- being. This course will help teachers to cope with their own anxieties first and then give some practical ideas how to support students. It is also a useful programme for school leaders and psychologists.

### Session I: Rediscovering the sustainable teacher and becoming the teacher you want to be Saturday 20th February 2021, 10am-12pm CET

In this we explore 5 elements of sustaining yourself whatever the “weather” outside.

- i. Raising emotional awareness and moving towards feelings whether pleasant or unpleasant- including finding an acceptance and commitment strategy and developing psychological and emotional flexibility.
- ii. Motivation – finding what you really like and what your core values are and how they influence your motivation and behaviour.
- iii. Empowerment finding out how to make true choices that fit your values, challenging unhelpful beliefs, recognizing and adjusting our beliefs.
- iv. Knowing what tool to apply in any situation- applying our knowledge and understanding to enhance psychological and human capital.
- v. Skills that accelerate sustainability- interrelating well, communicating wisely and openly.

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## Session II: The Mindful Teacher

**Saturday 6th March 2021, 10am-12pm CET**

In this we build mindfulness as a tool for true reflection and emotional acceptance. We will help you build a personal practice with daily habits and tools such as:

- i. Tools to switch from survival brain to the flourishing brain.
- ii. 3 minute pause technique.
- iii. Mindful activities for yourself and your students.
- iv. Enhancing positivity – techniques from positive psychology.
- v. Use of humour as a fundamental tool of well-being.

## Session III: The Communicating Teacher

**Saturday 20th March 2021, 10am-12pm CET**

In this we explore our most relevant Tools from NLP in Education and apply these to our own well-being.

- i. The art of reframing- changing how we view a situation.
- ii. The relationship frame – how to build inner rapport to be really comfortable as we are.
- iii. Creating transformation through metaphor

## Session IV: Transforming your teaching in your classroom- The emotionally intelligent teacher's classroom

**Saturday 10th April 2021, 10am-12pm CET**

In this we take what we have learnt in strengthening ourselves and apply this to help our students.

We will highlight a number of practical applications and give some examples of Educational-coaching techniques to use in the classroom.

### Dates

Session	Short title	Date
Session I	The sustainable teacher	Saturday 20 <sup>th</sup> February, 10am-12pm CET
Session II	The mindful teacher	Saturday 6 <sup>th</sup> March, 10am-12pm CET
Session III	The communicative teacher	Saturday 20 <sup>th</sup> March, 10am-12pm CET
Session IV	The emotionally intelligent teacher's classroom	Saturday 10 <sup>th</sup> April, 10am-12pm CET

Please note you can sign up for each workshop individually or participate in them as a series.

### Course Leaders

#### Prof. dr hab. Alicja Gałązka

Alicja Gałązka is a psychotherapist, psychologist, linguist, a licensed coach and international master trainer. A President of ICI (International Coaching Institute) in Poland. She is an academic teacher, researcher, works at the University of Silesia in Poland and is a head of the Language Centre FUTURE in Poland. She is an author of over 200 articles published in Polish and English and an author of own method of teaching languages through drama "Future Learning System", based on cognitive and positive psychology. She has been researching and practising drama for years. Her main interest is psychology and drama in the ELT classroom. A coordinator and participant of many international projects. Coordinator of two SIGs: Psychology in ELT and Drama in ELT in IATEFL Poland. A regional adviser for Trinity College London in Poland, teacher trainer in OUP.



**Alicja's main areas of expertise:** Scientific research, psychotherapy, coaching and consulting personal and organizational. Working in two main sectors: Medicine and Education. She actively works with teachers, school managers and pupils on developing their well-being and resilience. Her main areas of specialization are:

- Psychotherapy
- NLP
- Research
- Personal and organizational development
- Medical care system workers
- Education
- Business
- Stress and Burnout management
- Self compassion therapy

#### Mike Shreeve



Mike Shreeve is an Oxford Graduate in PPE, qualified schoolteacher, language teacher, senior coaching practitioner EMCC, NLP Certified Coach and Trainer and occasional Conference Speaker.

He has worked in a number of contexts, such as a maths teacher in Africa and the UK, in business as an HR director of a professional firm where he helped found a management academy and as an executive coach. The uniting factor and passion are to enable people to reach their potential and learn and develop in their lives. Recently he has almost completely focused on education and development as professional coach, teacher trainer and language teacher. Since 1993 he has been a teacher trainer for Pilgrims Teacher Training including the "NLP and coaching course" and "teaching difficult learners" and has worked with Pilgrims all over Europe. Recent workshops explore emotional intelligence

and the personality factors in education. Other assignments and missions in the last year have included:

- Coaching in Pilgrim's intensive language hub
- Mentoring and coaching teachers and professionals individually
- Participating in two large educational projects for the British Council, in Ethiopia introducing coaching skills to teachers and, in the Ukraine, the training of Senior English teachers as mentors.
- Working collaboratively with a school in Slovakia as a coach and teacher trainer and part of their reboot camp to refresh teachers.
- Facilitating an "indirect approach" to the learning of English by allowing participants to gain a recognized qualification in Coaching.
- All these assignments required an understanding of how best to communicate and interpret language as well as build connections to different communities.

Away from all this he loves tennis, poetry and walking the South Downs.