

Handling Stress and Avoiding Burnout

Daily Programme

Monday

Introduction and course overview

Ice breaking

Individual expectations

What is stress?

Tuesday

Definitions

Understanding the stress response (fight/flight versus prolonged stress)

Physical, emotional, mental and behavioural symptoms of stress

Relation between our thinking and stress

Wednesday

Effective and ineffective ways of dealing with stress

Relaxation exercises that help to manage stress effectively– part 1

The impact of emotions on teaching and learning ability

Thursday

Tools for dealing with disturbing emotions

Effects of stress in educational setting

Assessing your personal stress triggers

Changing not resourceful strategies

Self-talk awareness

Relaxation exercises – part 2

Friday

How can I be more mindful and resourceful in the classroom? – action plan

Summary, course evaluation and closure

Cultural excursion in local area

Competences Acquired by Participants

Specific objectives of the seminar are:

Introduce holistic model of stress and raise understanding of stress causes, mechanisms and effects

Raise understanding of how stress impacts teaching ability

Provide the participants with practical tools for dealing with stress

Reduce the consequences of stress (such as poor health, absenteeism, lack of creativity, ineffective communication, inability to focus, more conflicts, etc.) and develop healthy ways of dealing with everyday work demands

Prevent burnout syndrome in educators

Enhance emotional self-awareness

Introduce practical tools for coping with difficult emotions

Improve the participants' emotional balance

Help the participants to identify their stress triggers and emotional triggers at work context and come up with new, more resourceful strategies

Enhance participants ability to relax

Type of Certification of Attendance Awarded

Certificate of attendance including description of training content and time input

Europass mobility certificates – to be issued by the applicant's NA