



Erasmus+ KA1 Course

Integrated Skills for Educators in the Digital and Emotional Age



ErasmusLearn Training Center

www.erasmuslearn.eu

Heraklion, Crete, Greece

Organisation ID: E10020547





Summary

This 7-day training course offers adult educators an integrated approach to personal and professional development, combining emotional intelligence, soft skills, mindfulness practices, and digital innovation. Participants will explore how to enhance communication, well-being, and engagement in the adult learning environment while also discovering how to use inclusive digital tools and AI to support personalized learning. Designed for the modern educator, this course provides hands-on experiences and practical strategies to create emotionally safe, digitally enriched, and learner-centered classrooms. Grounded in current adult education pedagogies and inclusive teaching frameworks, this course promotes a holistic approach that connects personal awareness with digital fluency and professional adaptability.



Purpose

The purpose of this course is to empower educators to meet the evolving needs of adult learners in a digital and emotionally complex world. Through a combination of experiential activities, self-awareness exercises, and digital tools training, participants will gain the confidence and skills to foster connection, inclusion, and innovation in their educational practices.

The course also supports participants in understanding the pedagogical and legal foundations of adult education systems across Europe, helping them align their practices with national and EU-level frameworks.

Objectives

By the end of the course, participants will be able to:

- Strengthen communication and collaboration through emotional intelligence and active listening.
- Cultivate emotional self-awareness, empathy, and self-regulation in learning environments.
- Design and facilitate inclusive, engaging, and digitally enhanced lessons.
- Integrate gamification and creative tools to boost motivation and participation.
- Use AI-powered tools for personalized and adaptive learning.
- Promote mental well-being and resilience for both educators and learners.
- Apply key principles of Erasmus+ and develop ideas for future mobility and cooperation projects.

Course Language

- English (B1 level or higher recommended).

Target Groups

- Teachers and adult educators.
- Trainers and facilitators in formal and non-formal education.
- School principals, managers, and education coordinators.
- Educational counselors, career advisors, and staff supporting adult learners.
- Professionals involved in Erasmus+ or lifelong learning initiatives.

Methods & Tools

The course uses experiential, interactive, and collaborative learning methodologies, including:

- Group workshops and practical simulations
- Self-awareness and mindfulness exercises
- Game-based learning and digital creativity tools
- Peer feedback, journaling, and reflective practice
- Hands-on use of platforms such as Padlet, Mentimeter, Genially, ChatGPT, and more
- Cultural exploration and team-building activities

Course Agenda

Day 1

- Introductory meeting
- Explanation of practical arrangements
- Presentation of timetable and sessions
- Presentations of participating organizations
- Icebreaker activities
- Introduction to the course
- Overview of learning outcomes

Day 2

Communication Skills: Emotional Intelligence in the Classroom

- Developing skills to understand other people
- Active listening & empathy
- Listening and questioning strategies
- Creating a positive learning environment
- Effective interpersonal skills
- Self-regulation and self-motivation
- Social awareness

Day 3

Emotional Self-Awareness, Identity and Goal Setting

- Identity and self-knowledge in adult education
- Managing emotions and goal setting
- Building authentic relationships
- Teamwork strategies and group cohesion

Cultural Activities:

- Guided tour of the Historical Center of Heraklion
- Dinner in a traditional restaurant of the town

Day 4

Gamification and Game Mechanics-Based eLearning

- Digital games as a teaching tool
- Realizing the importance of play in education
- Introduction to simple gamification tools: Genially, Gimkit, Cram
- Workshop: Create your own game-based learning activity

Day 5

Artificial Intelligence in Education: Tools and Reflections

- Workshop: Using AI tools to make lessons more engaging
- Workshop: Using AI tools to create better assignments
- Discussion: How AI is helping and also harming education
- Ethical considerations and practical applications

Day 6

Inclusive Digital Tools and Emotional Engagement Online

- Universal Design for Learning (UDL) basics
- Designing emotionally safe and accessible digital learning spaces
- Tools for inclusion: Padlet, Mentimeter, Jamboard
- Collaborative workshop: creating emotionally responsive digital activities

Day 7

Erasmus+ and Final Activities

- Erasmus+ programme: objectives, priorities, actions
- KA1 and KA2 project formats, forms, and budgeting
- Overview of curriculum design and adult education pedagogies
- Introduction to national and European legal frameworks for adult education
- Planning follow-up activities and project ideas
- Dissemination of learning outcomes
- Final course evaluation
- Certificates of attendance



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