ERASMUS+ KA1 · TEACHER TRAINING COURSE

# Coaching Skills for Student Wellbeing and Resilience

7 Days • Heraklion, Crete • OID: E10020547

# About the course

Students who feel connected, heard and capable are more likely to keep going after a setback. This course shows educators how to bring a coaching approach into everyday teaching: building high-quality connections, listening actively, asking powerful questions and giving constructive feedback that strengthens student wellbeing and resilience.

Participants practise student-led goal setting, self-regulation and co-regulation strategies, use art as a coaching tool and reflect on their own wellbeing, leaving with practical ideas for a more supportive classroom.

# Course at a glance

Duration: 7 training days

Location: ErasmusLearn Training Center, Heraklion, Crete

Language: English (B1 or higher recommended)

Who it's for: Primary, secondary, vocational and adult teachers, teacher trainers, counsellors, school leaders

Level: Introductory, no coaching qualification needed

Certificate: Certificate of Attendance

Funding: Eligible for Erasmus+ KA1 (course fees)

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## What you will learn

- Build inclusive, high-quality connections with and between students
- Use active listening, powerful questions and constructive feedback
- Adopt a growth-coach mindset in everyday teaching
- Guide students to set goals and solve problems autonomously
- Teach self-regulation, reframing and grounding techniques
- Use co-regulation and art as coaching tools in the classroom
- Protect your own wellbeing and prevent burnout

## How you will learn

Short presentations, experiential exercises, coaching conversations in pairs and small groups, art-based activities, case discussions and guided self-reflection. Participants practise each technique using fictional scenarios rather than personal experiences.

## Course language

English. Participants need at least CEFR level B1 to take an active part in discussions, practice conversations and collaborative work.

## What's included

- Coffee Breaks that include traditional products.
- Guided tour of the Historical Center of the town.
- Dinner in a traditional restaurant in the town.
- Europass Mobility.
- A small gift with traditional Cretan products.
- Certificate of Attendance, for participants who attend at least 80% of the course.

# Course Agenda

## DAY 1 · Welcome & Orientation

- Welcome, practical arrangements and course timetable
- Presentation of participating organisations
- Icebreakers and introduction to the course

## DAY 2 · Creating Resilient School Communities

- Expectations and personal learning goals
- Understanding students' needs: diversity, equity and inclusion
- Creating and sustaining high-quality connections at school

## DAY 3 · Positive Environments for Wellbeing

- Shifting the mindset: the teacher as a growth coach
- Active listening and powerful questioning
- Constructive feedback and validation
- How resilient, authentic relationships shape learning
- Included: guided cultural tour of the historical centre of Heraklion
- Included: dinner at a traditional Cretan restaurant

## DAY 4 · Stress and Mental Health in Schools

- Classroom coaching and co-regulation
- Establishing safety and building resilience
- Art as a coaching tool

## DAY 5 · School Coaching Framework

- Principles of coaching
- Student-led goals, autonomy and creative problem solving
- Self-regulation: reframing, mindfulness and grounding
- De-escalating stressful responses

## DAY 6 · Creative Reflection

- Teachers' wellbeing and resilience: preventing burnout
- Maintaining a healthy work-life balance
- Self-reflection and feedback on the course

## DAY 7 · Next Steps & Certification

- Erasmus+: objectives, priorities, actions, budget and tips for applicants
- Planning follow-up and dissemination of learning outcomes
- Course evaluation and certificates

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