ERASMUS+ KA1 · TEACHER TRAINING COURSE

Effective Communication & Mental Wellbeing in Education

7 Days • Heraklion, Crete • OID: E10020547

About the course

Clear, respectful communication is at the heart of healthy school relationships and of everyone's wellbeing. This course helps educators build connections in the classroom, listen actively, ask powerful questions and give constructive feedback, while exploring the patterns that make communication work or break down.

Through experiential exercises, participants work with transactional patterns and the concept of "OKness", use art, symbols and archetypes to motivate students, and reflect on their own wellbeing and work-life balance.

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, VET and adult teachers, teacher trainers, counsellors, school leaders

Level: Introductory, no prior qualification required

Certificate: Certificate of Attendance

Funding: Eligible for Erasmus+ KA1 (course fees)

OID: E10020547

What you will learn

- Build safe, inclusive and high-quality connections at school
- Use active listening, powerful questions and constructive feedback
- Recognise life positions and transactional patterns in communication
- Support students' goal setting, autonomy and self-regulation
- De-escalate stressful responses calmly and respectfully
- Use art, symbols and archetypes to motivate and coach students
- Protect your own wellbeing and prevent burnout

How you will learn

Short presentations, demonstrations, experiential communication exercises, role play in pairs and small groups, art-based activities and guided reflection. Participants practise each skill with feedback from the trainer and peers, using fictional scenarios.

Course language

English. Participants need at least CEFR level B1 to take an active part in discussions, scenario practice 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 · Basic Communication Skills

- 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 · Building Connections in the Classroom

- Establishing safety and building resilience
- Student-led goals, autonomy and creative problem solving
- Self-regulation: reframing, mindfulness and grounding
- De-escalating stressful responses

DAY 5 · Communication, Coaching and Creativity

- Life positions and the concept of “OKness”
- Transactional patterns for more effective communication
- Experiential exercises in effective communication
- Art, symbols and archetypes to coach and motivate students

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

ErasmusLearn

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Ready to join? Book your place at www.erasmuslearn.eu

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