ERASMUS+ KA1 · TEACHER TRAINING COURSE

Social-Emotional Learning in Practice: Relationships, Cooperation & Responsible Decisions

7 Days • Heraklion, Crete • OID: E10020547

About the course

Social-emotional skills such as recognising emotions, managing responses, cooperating and making responsible decisions can be taught and practised every day. This course helps educators bring the SEL framework into the classroom, starting from strong relationships, active listening and constructive feedback.

Participants practise self-awareness, stress management and self-regulation techniques, support student-led goal setting and responsible decision-making, explore social and civic awareness, and reflect on their own wellbeing.

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 and secondary teachers, school counsellors, curriculum staff, school leaders

Level: Introductory, no previous SEL training required

Certificate: Certificate of Attendance

Funding: Eligible for Erasmus+ KA1 (course fees)

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What you will learn

- Apply the core SEL competencies in everyday classroom practice
- Build safe, inclusive and high-quality connections at school
- Use active listening, powerful questions and constructive feedback
- Develop students' self-awareness and stress management skills
- Teach self-regulation, reframing and grounding techniques
- Support goal setting, problem solving and responsible decisions
- Strengthen social and civic awareness and community resilience

How you will learn

Short presentations, modelling, experiential exercises, cooperative tasks, discussions of fictional stories and dilemmas, and guided self-reflection. Participants try out SEL activities they can adapt for different ages, without sharing personal experiences.

Course language

English. Participants need at least CEFR level B1 to follow practical activities, discuss cases and take an active part in group 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 · Core SEL Competencies

- Embracing the SEL framework in the classroom
- Developing self-awareness and stress management skills
- Self-regulation: reframing, mindfulness and grounding

DAY 5 · SEL in Practice

- Student-led goal setting, autonomy and creative thinking
- Responsible decision-making and problem solving
- Social and civic awareness and community resilience

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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