

Diefthinsi Defterovathmias Ekpaidefsis Viotias

Name of the course	Stress management and Burnout
Dates of the course	the whole year
Duration of the course	Depends on the requests
Minimum number of places	10
Maximum number of places	30
Type of course	<ul style="list-style-type: none"> ● Mix of Training Course and Job shadowing
If mixed, what is the balance between the activities?	80% course - 20% school visits
The target group is...	<ul style="list-style-type: none"> ● Primary teachers or /and ● Secondary teachers ● Pupils
Summary of the activity	<p>The course is based on an energy approach which delivers tangible effects into and out of the class. Participants will</p> <ul style="list-style-type: none"> - develop stress management strategies - increase their self-confidence, vitality to be strongly committed to class teaching. - strengthen their relationship with students - understand their own emotions and body better - enhance clarity and focus - experience more enjoyment in everyday life - communicate more effectively with students - be helped to build community

<p>Objectives, skills & competencies</p>	<p>Content and pedagogical skills to deliver the content:</p> <p>Skills for better life</p> <ul style="list-style-type: none"> • They learn to approach and make use of the inner forces we all have for peace, knowledge, change and growth while at the same time beginning to experience more enjoyment in everyday life. • Set up a positive learning environment • Increase their self-confidence and concentration. • Slow down when they need to • Anger and emotional crisis management • Training in how to integrate WELLNESS into existing or renewed practices/The role of teachers (facilitators, guiding investigations and encouraging discussion) • Assessment and evaluation activities to measure what students are learning
<p>Schedule - brief description</p>	<p>Accommodation</p> <p>Levadia: hotel in the city centre (5 nights)</p> <p>Sunday Evening: Arrive Levadia</p> <p>Monday–Get to know each other and the place</p> <p>Ice-breaking games</p> <p>Training: Thinking mind and body feeling</p> <p>AM: Stress management-- An overview</p> <p>PM: Practical activities for the primary/secondary classroom</p> <p>Evening: Group farewell dinner</p> <p>Tuesday– Training: The energy flow as an antidote to stress</p>

	<p>AM: Transforming body feeling to energy feeling of Wellness and happiness</p> <p>PM: Practical activities for the primary/secondary classroom</p> <p>Evening: Free</p> <p>Wednesday– The complete hexagram of energy flow</p> <p>The day will be spent observing stress management lessons and meeting with CFQ group of Livadia (they are specialized in deep relaxation techniques). Evening: Free</p> <p>Thursday-Blend education with mindful and stress management subjects</p> <p>AM: Concentration vs Presence, how the brain works</p> <p>PM: Practical activities for the Presence achievement.</p> <p>Friday - build community</p> <p>AM: School – family – community approach of well being</p> <p>PM: Practical activities for stress management spending on community</p> <p>At the end of every day we will reflect on what have we done during the sessions, what was the purpose and how can the participants use this back home.</p> <p>All five days of the programme will be held in the premises of 9th primary school in Levadia.</p> <p>Saturday Depart</p>
<p>Any further details about the activity</p>	<p>The NGO “Union of the Art of Wellness and Happiness” will be the receiving organization and provide the training in Levadia.</p>
<p>Cost breakdown</p>	<ul style="list-style-type: none"> ● Course = 400 € ● Refreshments & one common dinner = 100 ● Cultural activities (outside the course) =100

If any other costs, please detail below:	Cultural activities (outside the course) depend on the request
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