

Course code SI.1.DPO

Last update 04/08/2021

Course information

Title	Design the Positive: Positive Thinking, Positive Communication and Positive School Spaces
Concept by	Marta Mandolini
Course URL	teacheracademy.eu/course/design-the-positive-positive/
N. of participants	Min. 4 - Max. 14
Course length	One week (6 days, Monday - Saturday)
Language	English. Other languages may be available upon request
Locations and starting dates	<ul style="list-style-type: none"> • Florence - First Monday of the month • Barcelona - Second and fourth Monday of the month • Curaçao - Last Monday of the month • Helsinki - Third Monday of the month <p>On request, we can organize this course directly at your school. Discover all the dates at teacheracademy.eu/courses-dates/</p>
Free time activities offered	All courses include at least one city guided tour and one full-day Cultural Activity.
Type of certification awarded	Certificate of Attendance, including a description of the course contents (80% of attendance required); other Certificates may be available upon request
Price	Starting from 480€ * * Our courses are eligible to be completely funded by the Erasmus+ KA1 funds and several other programs.

Course contents

Description	<p>The course has been designed to fulfill the increasing need and interest in the topic, which was shown by teachers attending our other courses. Here, the necessity of a practical course, designed in a workshop-formula, where, besides theoretical introductions, teachers will experiment in first person exercises and create projects to enhance a positive approach to school and education in general.</p> <p>We will learn how to enhance positive thinking, reducing negative self-talk, personalizing and catastrophizing, practicing gratitude, humor, and mindfulness, and learning the importance of praising ourselves. We will learn how to practice positive communication with ourselves, our students, and colleagues, learning how to convert a negative, disruptive, un-effective communication in a virtuous circle of positive relationships, referring also to graphic design as a positive visual communication tool. We will then expand to the surrounding environment, the school, to learn about the importance of positive design, architecture, decoration in and outside the classroom, inspired by design psychology principles and driven by the peculiarity of each country and case.</p> <p>Participants will be involved in an active learning process, also focusing on personal experience and self-reflection, combining cognitive and emotional elements to make the learning process easier and ensure long-lasting retention of new knowledge.</p>
Learning outcomes	<ul style="list-style-type: none">• Practice and enhance positive thinking, reduce negative self-criticism, practice gratitude, humor, and mindfulness;• Practice positive communication with themselves, students and colleagues, and share it concretely once back to school;• Create a positive, pleasant environment in and outside the classroom through sustainable design and decoration principles;• Create a project for themselves and for the school based on positive design possibly applicable once to school.

Tentative schedule*

Day 1 – Course introduction	Day 2 – Importance of psychology
<ul style="list-style-type: none">• Introduction to the course, the school, and the external week activities;• Icebreaker activities; Positive education <ul style="list-style-type: none">• Foundation in Positive education;• History, Pioneers, Theories and methods;• Slides presentation, case histories and individual practical activities.	<ul style="list-style-type: none">• The roots of negative self-assessment;• Practicing mindfulness and humor;• Practical activities.
Day 3 – Positive communication	Day 4 – Positivity: from dream to reality
<ul style="list-style-type: none">• How to convert your communication into positive communication, both visually and verbally.	<ul style="list-style-type: none">• Positive design: “dreaming” a positive school. Is it just a dream?• Design psychology principles for schools;• Group or personal project: hands on work.
Day 5 – Design thinking	Day 6 – Excursion and course closure
<ul style="list-style-type: none">• Design Thinking for schools;• Personal project implementation.	<ul style="list-style-type: none">• Course evaluation: round-up of acquired competencies, feedback, and discussion;• Awarding of the course Certificate of Attendance;• Excursion and other external cultural activities.

*The schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session. Course modifications are subject to the trainer’s discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

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