



European Academy of Creativity

BARCELONA

About us

The **European Academy of Creativity** (EAC) is devoted to the design and delivery of programs oriented to wellbeing, creative arts, innovation and language teaching for the empowerment of schools and public and private companies and organizations.





Our courses can be organized in our academy near Plaza Catalunya, online or in person at your institution.

– Alessandro Pumpo, trainer



We are experts in creativity, **art** and **innovation**, **well-being** and **language courses** with a focus on 21st-century skills.

Located in central Barcelona, the European Academy of Creativity is the headquarters of **Europass Teacher Academy**, the largest European provider of Professional Development courses.



Wellbeing courses

At EAC we organize courses aimed at the well-being of individuals, groups and teams of companies and organizations. In particular, we develop interventions to foster a **positive work** environment, **prevent stress** and burnout, **manage conflicts** effectively, increase **self-esteem** and **performance** of individuals and teams.



In EAC, our trainers and facilitators are specialized in positive and health psychology and in Coaching and work with individuals, teams and groups to overcome all the barriers to a positive and healthy approach to work and life. Each intervention will be designed after a first assessment of the needs of the client, and may include coaching conversations, creative activities, group dynamics, positive psychology tests and activities, **emotional intelligence** practice, **team building** activities, **time management** strategies, strengths education, **positive communication**, and **assertiveness**.



In addition, we develop **Mindfulness** and **Yoga** programs to achieve a good mind-body balance with beneficial effects on stress, a better communication with himself/herself and others and an increased concentration and attention.

– *Marta Mandolini*, trainer and coach





Art and creativity courses

Through group painting, installation, or other creative challenges, team members will practice skills transferable to the workplace – such as effective communication, critical thinking, and compromise.

In “creating” together, individuals will work toward a **common goal** and build **trust in one another**, resulting in a healthier and happier work environment.





Our language courses (English, Spanish, Catalan or Italian) are taught by qualified native speaking teachers who will help you learn the language of your choice, while having fun and expanding your knowledge about a **different culture**! By the end of the courses, participants will be able to **communicate fluently** in many work situations, to express themselves confidently in their **listening, speaking, reading** and **writing** skills.

Language courses



Discover our:

Italian Language Center → europassitalian.com

Teacher Training Center → teacheracademy.eu

German Language Center → europassberlin.com

Teacher Academy Ireland → teachertraining.ie

Language Academy → europasslanguages.eu

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