



Resilience and Well-being Strengths for Teachers

By Natalie Croome

Course details

- 🕒 One week course
- € Starting from 480€ (Cultural activities included)*
- 👥 Min. 4 - max. 14 participants
- 📄 Certificate of attendance included (80% of attendance required)
- 📍 Available in Barcelona, Copenhagen, Dublin, Florence, Nice, and Tenerife

* A 60 € late registration fee will be applied if you register less than 8 weeks before the course start date.

Course description

Some people thrive in a crisis. Other people flourish in a state of well-being. Neither of these two states can be maintained consistently and they vary at any given time, in different aspects of our lives. We are constantly in a state of flux and change, perhaps now more than ever.

Resilience can be described as a set of strengths we can employ to drive us towards achieving a balance between the highs and the lows that we experience, in life and at work. Together with well-being, it allows us to make teaching and learning sustainable and meaningful during times of change, crisis, and challenge.

While we cannot maintain a constant level of well-being, we can lead students and teachers to recognize when a state of well-being exists, and when drawing on resilience strengths is useful or necessary.

In this course, we will share and discuss the importance of teachers' understanding and taking responsibility to develop their resilience strengths to help them navigate their way toward a heightened and more stable state of well-being.

Through exploring strategies such as emotional management, a positive mindset, changing the internal narrative, and building empathy and compassion, participants will discover how to rebuild resilience and render their life more enjoyable and manageable.





By identifying and analyzing the strengths necessary for achieving well-being and behaving resiliently, we will collaborate to find ways of navigating emotional highs and lows in ways that promote mental, emotional, and physical health.

Learning outcomes

The course will help the participants to:

- Identify and analyze the strengths necessary for achieving well-being and behaving resiliently;
- Appreciate the differences and connections between well-being and resilience;
- Appreciate the personal empowerment that comes from adopting a growth mindset;
- Develop awareness and skill in taking regular measurements of personal states of well-being and monitoring internal narrative;
- Recognize that emotions can be managed and supported through the activation of a set of resilient behaviors;
- Share well-being and resilience experiences through the creation of analogies and storytelling;
- Develop compassion and empathy towards themselves and others;
- Face and deal with fears head-on;
- Build a bespoke resilience toolkit to apply at work and play.

Tentative schedule

Day 1 – Course introduction

- Introduction to the course, the school, and the external week activities;
- Icebreaker activities;
- Presentations of the participants' schools;
- Share and connect through “who we are” and “who I am”, strength-based activities.

Day 2 – Exploring how well-being and resilience work & monitoring your internal narrative

- Appreciate well-being and resilience are not the same but strongly impact each other;
- Experience, reflect on, and construct well-being and resilience analogies and storytelling frameworks.





Day 3 – Inquiring into your own mindset and identifying your strengths

- Explore fixed and growth mindsets;
- Develop descriptions of scenarios that expose our current mindset and collaborate to experiment with a range of possible responses to challenging and stressful situations through role plays and storyboarding activities;
- Describe ourselves and each other using strength-based vocabulary;
- Construct empowering conversations focused on “When I am at my best” declarations;
- Experience the positive power of Appreciative Inquiry.

Day 4 – Managing your emotions and cultivating compassion

- Appreciate that emotions are powerful but temporary;
- Reflecting on how and why our behaviors and the behaviors of others trigger certain emotions;
- Naming, embracing, and accepting your emotions and how they affect you, mentally and physically;
- The Life Cycle of an emotion – interrupting, acknowledging, managing, and moving past them;
- Experience how moving the body, mindful breathing exercises, and being kind to yourself and others can bring relief, calm, and acceptance.

Day 5 – Exploring well-being and resilience actions and strategies

- Investigate the I, we, and them of well-being through consideration of emotional, physical, social, workplace, and societal perspectives;
- Explore possible actions you can take in your context to strengthen and develop resilience behaviors;
- Select a “Resilience Strengthening” strategy and create a plan of action for implementing it...at work and/or play.

Day 6 – Course closure & excursion

- 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.





Our courses usually include two cultural activities. Further information is available on the webpage of each course location.

About the provider

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