

ALGARVE

COURSE

MY PATH: MINDFULNESS & YOGA FOR EMOTIONAL GROWTH

Course Duration: one week, from Monday to Saturday, 30 hours

Trainer: Daniela Luz

Location: FERRAGUDO - Algarve

Number of Participants: Min. 6 – Max. 20

COURSE DESCRIPTION



Mastering Soft Skills and Growing Emotional Intelligence using Mindfulness is a transformative course designed for school teachers to enhance their interpersonal skills and emotional intelligence through mindfulness practices. This course provides teachers with the tools to develop self-awareness, empathy, effective communication, and emotional regulation, fostering a positive and collaborative classroom environment. Participants will engage in mindfulness exercises, reflective activities, and practical strategies to integrate soft skills and emotional intelligence into their professional and personal lives.

LEARNING OUTCOMES

By the end of this course, participants will:

- **Develop Self-Awareness:** Enhance self-awareness and understand personal emotional responses.
- **Cultivate Empathy:** Learn techniques to foster empathy and understanding towards others.
- **Improve Communication Skills:** Develop effective communication strategies for the classroom and beyond.
- **Enhance Emotional Regulation:** Practice mindfulness techniques to manage and regulate emotions.
- **Strengthen Relationships:** Build positive relationships with students and colleagues through improved soft skills.
- **Integrate Mindfulness in Teaching:** Apply mindfulness practices to support emotional intelligence development in students.

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Day 1

Introduction to Soft Skills and Emotional Intelligence

- **Welcome and Course Overview:** Introduction to the importance of soft skills and emotional intelligence in teaching.
- **Group Dynamics:** ice breaking and sharing circle
- **Self-Awareness Exercises:** Activities to enhance self-awareness and recognize emotional triggers.
- **Mindfulness Basics:** Introduction to mindfulness practices and their benefits for emotional intelligence.
- **Group Discussion:** Share experiences and insights on emotional intelligence and soft skills.

Day 2

Cultivating Empathy and Understanding

- **Empathy Building Exercises:** Techniques to foster empathy and understanding.
- **Guided Meditation:** Meditation focusing on empathy and compassion.
- **Role-Playing Activity:** Practice empathetic communication with peers.
- **Group Reflection:** Discuss the impact of empathy on personal and professional relationships.

Day 3

Enhancing Communication Skills

- **Effective Communication Workshop:** Strategies for clear and compassionate communication.
- **Mindful Listening Exercises:** Techniques to improve active listening skills.
- **Case Studies:** Review real-life examples of effective communication in the classroom.
- **Interactive Activity:** Practice communication skills in a supportive environment.

Day 4

Emotional Regulation and Stress Management

- **Mindfulness for Emotional Regulation:** Techniques to manage and regulate emotions.
- **Breathing Exercises:** Practice diaphragmatic breathing to reduce stress.
- **Stress Management Workshop:** Tools to handle stress effectively.
- **Nature Meditation:** Guided meditation focusing on relaxation and emotional balance.

Day 5

Integrating Mindfulness and Soft Skills in Teaching

- **Mindfulness in the Classroom:** Strategies to incorporate mindfulness practices in teaching.
- **Building Positive Relationships:** Techniques to foster positive relationships with students and colleagues.
- **Group Reflection:** Share experiences and insights from the course.
- **Action Plan Development:** Create a personal and professional action plan to integrate soft skills and mindfulness.

Day 6

Experience the Algarve's hidden gems with a coastal boat tour – explore the breathtaking Benagil caves and discover nature's wonders

Algarve Coastal Boat Tour | Benagil Caves

Or Light Mindfulness Walk Along the coast and sharing circle (winter)