GALWAY – IRELAND

13.07.2026 – 17.07.2026

"Tools for Mindful Educators"

Erasmus+ Staff Mobility - Course provider: Atlantic Centre of Education (Atlantic Language), Galway

Course Description

This course introduces mindfulness and emotional intelligence in educational settings. It explores how mindful practice can support educator wellbeing, reduce stress, and strengthen empathy, creativity, critical thinking, professional performance and interpersonal relationships. Participants learn practical techniques and reflect on ways to integrate mindful approaches into their teaching and professional lives.

Learning Objectives

- Understand basic concepts and theories of mindfulness and emotional intelligence.
- Practise mindfulness and stress-reduction activities applicable to everyday educational work.
- Strengthen emotional awareness, empathy, compassionate communication and teamwork.
- Use reflective practice and problem-solving techniques in classroom situations.
- Adapt or create learning resources and develop a GROW-based personal or professional project.
- Exchange ideas with international colleagues and enhance intercultural and English-language communication.

Methodology & Assessment

- Interactive, communicative workshops and guided mindfulness practice.
- Individual reflection, self-assessment, group discussion and role-play.
- Collaborative project work and peer feedback.
- Presentation and review of practical resources and a GROW project.
- Cultural and language activities, including a guided Galway walking tour, as scheduled by the provider.

Course Programme – Provider's Sample Daily Themes

The themes below follow the provider's published sample timetable and course outline. The exact sequence and activities may have differed during the 13–17 July 2026 session.

Monday, 13 July – Introduction to Mindfulness and Emotional Intelligence

- Icebreakers, needs analysis and intention setting.
- Defining mindfulness and emotional intelligence.
- Basic mindfulness practices and theories of emotions.
- English-language and Irish-culture workshop; Galway walking tour (sample activity).

Tuesday, 14 July – Mindfulness Tools for Educators

- Mindfulness self-assessment and mindful eating.

- Recognising nurturing and depleting activities.
- Introduction to the GROW coaching model.
- Speaking skills and pronunciation workshop (sample activity).

Wednesday, 15 July – Creating a Reflective Classroom

- Active listening and conflict resolution.
- Using mindfulness for problem-solving.
- Developing compassion, cooperation and effective teamwork.
- Reflection on classroom application.

Thursday, 16 July – Applying Mindfulness in Educational Practice

- Adapting mindfulness strategies to teaching and professional relationships.
- Developing classroom resources and practical activities.
- Collaborative work on GROW-based projects and peer exchange.

Friday, 17 July – Presentations, Reflection and Evaluation

- Participant project presentations and feedback.
- Course review and self-assessment.
- Self-study resources and next steps for professional practice.
- Reflection on transferring learning to the home school.

Expected Learning Outcomes

Participants strengthen their capacity to manage stress, communicate with empathy, develop reflective classroom practices, work collaboratively and design practical mindful activities for their school context.

Programme note: Adapted from the provider’s published sample timetable; not an authenticated record of the July 2026 sessions.