

HAPPY TEACHERS, HAPPY SCHOOLS: LIFE COACHING FOR TEACHERS

Teacher: MARTA LOPES

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

Number of Participants: Min. 6 – Max. 20

Course location / point of departure : FARO City

DESCRIPTION

This course offers itself as an opportunity for self-reflection. It invites you to pause and reflect what you want to be as a teacher.

Participants will work in an integrated way to gain more awareness of themselves and what they value, personally and professionally. They will have the chance to explore and reflect in a practical, open and experiential way how they express their needs and emotions and communicate them with others, and also how they balance all the activities in a balanced way as to prevent stress and promote a healthy work-life balance, satisfaction and effectiveness.

The course will provide the chance for participants to learn and share their experiences in very practical ways.

The program of the course follows a general structure but it can be influenced by the needs and situations that will emerge in the group.

LEARNING OUTCOMES

Participants to the course will learn to:

- Become self-aware of your needs and values as a teacher;
- Reflect and refresh your approach to teaching, while learning to maximize your communication, mindfulness and time management skills in your role as a teacher;
- Making an action plan that fosters your happiness and well-being.



PROGRAM

Monday

- Course and participants introduction; ice-break group dynamics;
- Setting goals for participants

Tuesday

- Awareness and self-knowledge as a way to growth personally and professionally;
- Mindfulness practices and exercises

Wednesday

- Life values clarification - What person / teacher I want to be?;
- Turning values into action

Thursday

- Expressing ourselves and communicating with others

Friday

- Making a meaningful and balanced way of time;
- Course evaluation;
- Certificate of attendance

Saturday

- Well-being and nature;
- The transmission of the natural heritage - Ria Formosa (Boat tour)