

ALGARVE

Happy Teachers, Happy Schools – Life coaching for Teachers



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

Location: Algarve | Portugal

Number of Participants: Min. 6 – Max. 20



COURSE DESCRIPTION

Set in the idyllic surroundings of Ferragudo Beach in the Algarve, this empowering and restorative course is designed to support school teachers in cultivating clarity, resilience, and alignment personally and professionally. Rather than offering formal life coach certification, this course introduces simple, accessible life coaching-inspired tools grounded in mindfulness, somatic awareness, and self-reflection. These tools are meant to deepen emotional insight, support inner clarity, and foster meaningful relationships in and out of the classroom.

Happy Teachers, Happy Schools is an immersive, screen-free experience. We'll be working with nature, the breath, the body, and one another, indoors on yoga mats and outdoors by the ocean. Each session supports nervous system regulation, emotional resilience, and mindful leadership, so that you not only learn but embody what it means to teach from a balanced, heart-centered place.

Important Information About the Structure of Our Trainings

Our trainings are thoughtfully designed to provide both collective learning and space for personal integration. Each course is structured around a common core of 30 hours, with 3 hours of guided group sessions each morning. In the afternoons, participants are invited to complete 2 hours of self-paced, asynchronous tasks that are specifically tailored to the focus of the course they are enrolled in.

Please note that some of these trainings may be delivered in parallel with other programs under the same overarching theme, meaning that while participants share the morning sessions as a collective group, the afternoon practices and assignments are uniquely designed for each course's objectives.

These asynchronous tasks might include reflection exercises, creative assignments, or the development of a practical resource that links the morning content to the core topic of your specific training.

This blended model ensures a rich learning journey that supports both deep connection with the group and individual autonomy, empowering each participant to embody the teachings in a way that resonates with their path.

We kindly ask you to embrace the structure with presence and commitment, knowing that this combination of shared experience and personal practice is a powerful container for transformation.

LEARNING OUTCOMES

Participants to the course will learn to:

- Understand the core principles of mindfulness and its application in teaching and personal life
- Manage stress and emotional activation through breathing, movement, and somatic tools
- Cultivate greater self-awareness and regulate emotions with clarity and compassion
- Apply foundational life coaching-inspired practices to support growth in themselves and their students
- Develop a personal and professional well-being plan grounded in sustainable rhythm and intention
- Practice conscious communication and build stronger relationships in the school environment

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**Pedagogical
Innovation
Centre**

This course is an invitation to reconnect with the joy of teaching by coming back to yourself. It doesn't require you to be a coach, it simply asks you to be present, curious, and open to your own growth. Through mindfulness, reflection, and nature, we plant the seeds of happier teachers and thriving schools.

Monday - Foundations of Mindfulness & Life Coaching Reflections

- Welcome Circle & Group Energy Sharing
- Mindful Movement & Grounding Breath
- Life Values Reflection: Who am I becoming as a teacher?
- Intention Setting Practice & Mindfulness Anchoring
- Wheel of Life Exercise: Visualize balance in key life domains
- The 3 Types of Mindfulness & how to bring them into your classroom
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Self-Paced Tasks:

- Journaling: "Where do I want to feel more balanced in my life?"
- Practice: 3x present-moment check-ins + breath awareness
- Creative Task: Map your personal teaching vision

Tuesday - Self-Awareness & Nervous System Literacy

- Yoga for Presence and Self-Knowledge
- Diaphragmatic Breathing + Somatic Listening
- Meditation: Witnessing Thoughts with Compassion
- Self-Inquiry: "Who am I when I am grounded?"
- Group Reflection: Authentic sharing from the body and breath
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Self-Paced Tasks:

- Journaling Prompt: "What supports my self-awareness as a teacher?"
- Practice: Choose one breath technique to repeat 3x
- Creative Task: Design a mindful morning ritual for yourself

Wednesday - Emotional Regulation & Compassionate Leadership

- Yoga for Emotional Flow and Embodiment
- Emotion Regulation Tools (breath, movement, labeling)
- Heart Coherence Breathing + Heartfelt Meditation
- SEL Practices for Empathy & Compassion
- Discussion: Body-based emotional literacy for self and students

Self-Paced Tasks:

- Journaling: "Which emotion needs more space in me?"
- Practice: Embodied breath-and-feel sessions (3-5 minutes)
- Integration: Design a classroom activity for emotional awareness

Thursday - Stress, Boundaries & Life Coaching Foundations

- Movement Practice to Discharge Stress
- Breathwork for Reset & Grounding
- Mindful Communication Exercises: Listening, pausing, reflecting
- Intro to Life Coaching Tools: Reflective Journaling Prompts, "Wheel of Focus" Self-Assessment, Growth-Oriented Goal Setting
- Powerful Questions to Ask Yourself and Your Students

Self-Paced Tasks:

- Journaling: "What boundary am I ready to honor more clearly?"
- Practice: Mindful Check-in + Self-Coaching Prompt
- Create: A 'Power Question Card' set for personal or classroom use

Friday - Purposeful Planning & Growth Mapping

- Yoga for Visioning + Embodied Goal Setting
- Manifestation Meditation: Align with your deeper "why"
- Goal Mapping Workshop: Set meaningful, achievable intentions (personal and professional)
- Peer Coaching Session: Practice mindful coaching conversations
- Group Reflection: Integration + Celebratory Gratitude Circle

Self-Paced Tasks:

- Journaling: "What inspired me in this course and in life and how will I carry this forward into my daily school routine?"
- Design: Your Weekly Plan for Emotional and Professional Well-being
- Reflection Letter: "Dear Future Me, Here's What Matters..."

Saturday - Boat Visit to the most stunning caves and beaches of the Algarve or Light Mindfulness Walk along the coast

- Integration, contemplation in full presence

Please note: Boat visits depend on the season and weather availability.

Self-Paced Task:

- Journaling: "What inspired me in this course and in life—and how will I carry this forward into my daily school routine?"