

ALGARVE

Stress Management and Burnout Prevention (Outdoors)

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 restorative outdoor course is designed for school teachers who are ready to address stress and burnout in a holistic and practical way. Through daily mindfulness, outdoor yoga, breathing practices, and reflective tasks, participants will build embodied awareness, reset their nervous systems, and rediscover their personal vitality and joy in teaching.

Resilience Reset: Stress Management with Mindfulness weaves together the power of nature, emotional regulation, nervous system education, and somatic tools to help educators not only manage their current challenges, but prevent future burnout by creating a sustainable, nourishing rhythm of life and teaching.

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 causes and impacts of stress and burnout in the education profession.
- Understand the importance of connecting with your body, heart and mind as one.
- Learn and apply simple yet powerful breathing and mindfulness tools for emotional regulation.
- Implement strategies to build a healthy work-life balance and protect personal energy.
- Integrate nature-based rituals into daily life to support mental health and resilience.
- Design a long-term, personalized well-being plan for both school and home life.
- Foster a supportive teaching mindset rooted in clarity, boundaries, and restoration.

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**Pedagogical
Innovation
Centre**

Day 1: Understanding Stress and Burnout

- Welcome Circle & Group Intentions
- Understanding the Nature of Stress & Burnout in Teaching
- Icebreakers & Group Dynamics: Getting to know your stress stories
- Gentle Yoga, breathing by the sea
- Nature Walk & Reflection: Presence and connection outdoors
- Identifying Stressors: What drains us, what supports us?

Self-Paced Tasks:

- Journaling Prompt: "Where in my life do I feel most overwhelmed?"
- Practice: Reflective nature walk with mindful breathing
- Create: Visual stress map, what triggers you and how you respond
- Sharing Prompt: Write a letter to stress, what do you want it to know?

Day 2: Stress Management Techniques

- Diaphragmatic & Coherent Breathing Techniques
- Yoga Flow: Resetting tension and cultivating ease
- Workshop: Everyday Stress Management Strategies
- Peer Practice: Role-play leading a breath reset outdoors

Self-Paced Tasks:

- Journaling: "What techniques calmed me the most today?"
- Practice: 3 breathing tools throughout your afternoon
- Design: A mini stress reset sequence for your school day
- Reflection: Build a breathwork "menu" for your classroom or personal use

Day 3: Mindfulness and Relaxation

- Yoga & Breathwork in Nature
- Body Scan Meditation: Deep rest and awareness
- Emotional Regulation Workshop: Tools for emotional resilience
- Case Study Reflections: What real-world examples teach us

Self-Paced Tasks:

- Journaling: "What emotion am I ready to let go of?"
- Practice: Body scan meditation solo or guided by a peer
- Creative Task: Draw a "calm corner" for yourself or your classroom
- Reflection Letter: From my calm self to my future stressed self

Day 4: Work-Life Balance & Boundaries

- Mindful Yoga: Movement for stability and softness
- Workshop: Setting Boundaries with Kindness
- Tools: Time management, energy audits, and recovery rituals
- Creating Your Support System: Mapping allies and routines

Self-Paced Tasks:

- Journaling Prompt: "Where do I give too much?"
- Action Plan: Write your top 3 'non-negotiable' boundaries
- Create: Weekly rhythm balancing work, rest, play
- Practice: Invite one new boundary into your life today

Day 5: Sustainable Well-Being Planning

- Yoga & Grounding Breath Practice
- Discussion: Integrating well-being in school culture
- Workshop: Personal & Classroom Well-being Planning
- Final Sharing Circle: Gratitude and Intention Setting

Self-Paced Tasks:

- Visual Map: Design your daily/weekly self-care routine
- Reflection Letter: "My promise to my future self"
- Toolkit Creation: 3 core tools I'll take home

Day 6: 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 Tasks:

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

This course is an invitation to pause, reset, and reconnect—with yourself, your body, your breath, and your purpose. Through nature, community, and mindful presence, you'll leave feeling restored, empowered, and ready to protect your well-being as you continue guiding others.