

ALGARVE

Mastering Soft Skills and Growing Emotional Intelligence Using Mindfulness



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

Location: Algarve | Portugal

Number of Participants: Min. 6 – Max. 20



**Pedagogical
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COURSE DESCRIPTION

Set in the idyllic surroundings of Ferragudo Beach in the Algarve, this deeply human and practical training is designed for school teachers who wish to cultivate soft skills and emotional intelligence through the embodied lens of mindfulness. Blending gentle yoga, breathwork, self-reflection, and mindful dialogue, this course offers powerful tools to navigate relationships with greater empathy, regulation, and clarity.

Mastering Soft Skills and Growing Emotional Intelligence Using Mindfulness focuses on fostering a new kind of presence in the classroom, one rooted in awareness, authentic connection, and emotional integrity. You will learn how to cultivate and model the interpersonal skills that empower students and colleagues alike.

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:

- Deepen self-awareness and emotional insight through mindfulness-based practices.
- Develop empathy and improve their ability to connect authentically with students and peers.
- Strengthen communication through mindful speaking and listening.
- Learn to regulate emotions and reduce reactive patterns using somatic and breath-based tools.
- Build stronger relationships and foster classroom collaboration through relational awareness.
- Integrate mindfulness techniques into teaching to support emotional and interpersonal learning.

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Day 1: Introduction to Soft Skills and Emotional Intelligence

- Welcome Circle & Course Overview
- Icebreaker and Sharing Circle: Emotional intention setting
- Gentle Yoga and Breathwork: Anchoring in the body and emotions
- Self-Awareness Practices: Identifying emotional triggers and default patterns
- Introduction to Mindfulness and Emotional Intelligence in Education

Self-Paced Tasks:

- Journaling: "What is my current relationship with emotional awareness?"
- Practice: Mindful check-in with body and breath 3 times today
- Creative Expression: Create an emotional self-portrait using color, words, or movement
- Reflection: Write down one new emotional insight from today

Day 2: Cultivating Empathy and Understanding

- Morning Yoga for Openness and Connection
- Empathy Practices: Expanding our circle of care
- Compassion Meditation: Loving-kindness and softening the inner critic
- Role Play: Practicing non-judgmental communication and witnessing
- Group Reflection: How empathy changes classroom dynamics

Self-Paced Tasks:

- Journaling Prompt: "Where can I offer more empathy—to myself and others?"
- Practice: 1 mindful listening session with a peer or friend
- Creative: Write a compassion script you'd share with your students
- Visualization: Create a heart map of connections that support you

Day 3: Enhancing Communication Skills

- Yoga for Grounded Expression & Clear Voice
- Mindful Communication Tools: Speaking from awareness, not reaction
- Active Listening Workshop: Posture, pause, presence
- Case Studies & Real-Life Scenarios: Navigating difficult conversations at school

Self-Paced Tasks:

- Journaling: "When do I feel most heard?" + "When do I struggle to listen?"
- Practice: Use a mindful pause before speaking 3x today
- Create: A class communication values poster (e.g. 'We listen to understand')
- Integration Task: Role-play a tough school conversation in your journal

Day 4: Emotional Regulation and Stress Management

- Mindful Yoga & Breathing for Emotional Flow
- Emotional Regulation Tools: Breathing, grounding, labeling
- Meditation: Observing emotions as waves
- Workshop: Personal triggers and how to respond instead of react

Self-Paced Tasks:

- Journaling Prompt: "What emotion do I avoid—and how can I welcome it?"
- Practice: Use 1 regulation technique 2–3x during moments of tension
- Reflection: Map your 'emotional regulation ladder'—from chaos to calm
- Creative Task: Design a 'cool down corner' concept for your classroom

Day 5: Integration of Mindfulness & Soft Skills in Teaching

- Gentle Yoga & Guided Breath Meditation
- Mindfulness in Teaching: Embedding presence in routines and rituals
- Building Relational Classrooms: Trust, safety, and joy
- Final Circle: Group Sharing, Gratitude, and Closing Reflections

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?"
- Action Plan: Create a classroom or team emotional intelligence initiative
- Reflection Letter: "Dear future me: keep showing up with..."
- Resource Design: 3 mini mindfulness tools to use in your classroom

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 Task:

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

This course invites teachers to return to the heart of teaching—not only as educators but as emotionally present humans. Through body, breath, and awareness, we grow the soft skills that shape our classrooms and ripple into the lives we touch.