

ALGARVE

B-Resilient – Body-based Resilience Strategies for Educators



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

Location: Algarve | Portugal

Number of Participants: Min. 6 – Max. 20



**Pedagogical
Innovation
Centre**

COURSE DESCRIPTION

This experiential training empowers educators and school professionals to strengthen their mental and emotional resilience using movement-based techniques, reflective practices, and group collaboration. Participants will explore strategies for sustaining motivation, managing professional challenges, and creating a healthier work-life balance.

Set against the serene backdrop of the Algarve coastline, the programme combines nature immersion, creative expression, and peer learning to support participants in cultivating personal well-being and professional satisfaction.

LEARNING OUTCOMES

Participants to the course will learn to:

- Recognise the role of physical and experiential practices in building mental resilience;
- Identify personal and environmental stress triggers and address them effectively;
- Apply techniques for emotional regulation and mental clarity;
- Use body-based and interactive tools to improve communication and empathy;
- Create a personal and professional well-being action plan;
- Share and learn from colleagues' experiences and practices.

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Day 1

Monday – Arrival & Grounding the Experience

- Welcome session and group connection activities
- Introduction to body-based resilience in education
- Nature walk and reflective pause: work-life alignment
- Group sharing: “What keeps me inspired in my role?”
- Evening coastal grounding exercise

Day 2

Tuesday – Mapping Stress & Strengths

- Workshop: Recognising stress triggers in teaching
- Personal inventory: stressors vs. resources
- Outdoor exercise: Designing your personal resilience map
- Group case studies and strategy discussions
- Guided breathing practice for mental focus

Day 3

Wednesday – Mind-Body Awareness for Emotional Balance

- Tools for increasing emotional self-awareness
- Body-movement exercises for emotional release
- Mindset shifting: reframing challenges
- Journaling: “Transforming pressure into progress”
- Evening gentle movement/stretch session

Day 4

Thursday – Communicating with Clarity & Confidence

- Workshop: Embodied communication skills
- Role-play: handling difficult situations with presence
- Techniques for setting and maintaining healthy boundaries
- Creative project: Mapping your professional support network
- Group reflection circle at sunset

Day 5

Friday – Building Collective Resilience

- Strategies for fostering resilience within a team
- Resource-sharing: pooling strengths and experiences
- Crafting a sustainable well-being plan
- Peer coaching and feedback exchanges
- Nature gratitude practice

Day 6

Saturday – Ocean Reflections & Farewell

- Boat excursion to the Benagil Caves
- On-board reflection: “Exploring inner and outer horizons”
- Sharing circle on personal transformations
- Certificate ceremony by the ocean
- Farewell meal and departure