

# ALGARVE

Tools for Strengthening the Mental Resilience of Educators to Improve Their Work



**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 training course is designed to equip educators and school staff with practical tools to enhance their mental resilience, emotional balance, and professional well-being. Through experiential learning, outdoor group activities, guided reflections, and hands-on strategies, participants will explore how to better manage stress, improve communication, set healthy boundaries, and cultivate a more resilient mindset—all within the context of their professional life.

Set in the beautiful and peaceful environment of the Algarve coast, this course provides an opportunity to reconnect with one's professional identity, boost motivation, and develop personal strategies for maintaining balance and effectiveness in educational settings.

## LEARNING OUTCOMES

**Participants to the course will learn to:**

- Understand the concept of resilience and its relevance in the educational context;
- Identify personal stressors and develop effective coping mechanisms;
- Improve emotional self-awareness and regulation strategies;
- Strengthen interpersonal skills, including assertive communication and empathy;
- Develop a personalized well-being and self-care action plan;
- Gain inspiration from a peer exchange of experiences and good practices.

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## Day 1

### Monday – Arrival, Welcome & Setting the Intention

- Welcome and ice-breaker activities
- Introduction to the concept of resilience in education
- Nature-based reflective activity: personal/professional balance
- Group exercise: "What motivates me to teach?"
- Evening mindful walk by the coast

## Day 2

### Tuesday – Understanding Stress & Emotional Regulation

- Workshop: What causes stress in educational roles
- Self-assessment: Identifying personal stressors
- Outdoor activity: Building a personal "resilience map»
- Group work: Case scenarios and coping strategies
- Guided relaxation session

## Day 3

### Wednesday – Emotional Awareness & Mindset Shift

- Exploring emotional self-awareness
- Practical tools for emotional regulation
- Positive reframing: turning challenges into opportunities
- Journaling session: "A moment I turned stress into strength"
- Sunset yoga/stretch session for mental clarity

## Day 4

### Thursday– Strengthening Communication & Boundaries

- Interactive session on assertive communication
- Role-play exercises on handling difficult conversations
- Boundary-setting in school environments
- Creative task: Visualizing your support network
- Evening group reflection circle

## Day 5

### Friday – Developing Personal & Team Resilience

- Collaborative workshop: Coping strategies as a team
- Building collective resources in school environments
- Writing and sharing personal well-being action plans
- Peer coaching: giving and receiving constructive feedback
- Gratitude walk and reflection

## Day 6

### Day 6 – Boat Trip to the Benagil Caves & Closing

- Morning departure for a guided boat tour of the Benagil caves
- Reflection activity on board: "Navigating challenges, exploring possibilities"
- Group sharing circle on personal breakthroughs during the course
- Certificate ceremony by the sea
- Farewell lunch and departure of emergencies or unexpected fatigue. This ensures a safe and flexible experience for all participants.