

Coaching in educational contexts to reduce early school leaving

Reducing Early School Leaving is one of the priorities of the Europe 2020 Strategic framework for Education and Training and of Erasmus +. The course will introduce participants to Energy Psychology Techniques (EPT) together with Emotional Freedom Techniques (EFT) with a strong emphasis placed on using these tools within an education environment. An important element will be understanding the relationship between stress and physical and mental health, exploring the health issues predominant within the teaching profession. Aggressive behaviour and bullying inside and outside the classroom will also be looked in depth. Participants will learn how to manage and reduce stress levels thereby improving not only their overall health but also their day to day interaction with students and colleagues by applying Energy Psychology Techniques in order to reduce early school leaving.

Target audience

- Teachers of all age groups and specialities.
- Education professionals, such as Counsellors, Advisers, Inspectors, Career Officers and other professional interested in education and learning.

Preparation

Prior to the start of the course, participants will receive a detailed programme outlining the content and structure of the course, as well as recommended reading and viewing material relevant to the course contents. They will also receive practical information about Alcalá de Henares, including maps, places of interest and accommodation in several languages.

Objectives

- Solve and reduce stress levels and develop the necessary abilities to manage emotions.
- Create strategies on how to deal with and eliminate violent or aggressive behaviour.
- Understand the causes of physical and mental health issues within the teaching profession.
- Improve interpersonal relationships within the education environment.
- Identify limiting and negative beliefs and transform them into positive and supporting ones
- Analyse bullying, aggressive behaviour and violence, both physical and verbal.
- Overcome anxiety within the classroom
- Learn a variety of tools and resources to apply in the classroom to create well-being
- Reduce early school leaving

Methodology

The course is of a practical, dynamic nature enabling participants to learn confidently and offering practical exercises to fully integrate techniques and strategies. Participants will gain personal understanding of the changes occurring both on physical and cognitive level through the use of Energy Psychology techniques. The practical nature will enable students to work on and solve personal emotional and health issues during the course.

Follow-up

Cervantes Training will support participants who will have access to a private group on Facebook to interact, ask for advice, share experiences and support each other in their application of the tools learnt during the course. We will be available for consults via email to clarify doubts, offer advice and help with any issues which may arise when applying the techniques in their environment and will tutor the practical assignments tasks to do after the course.

Enrolment Fees

490 Euros- Course Price includes: Registration Fees and tuition for the course -7 days- (50 hour-training- including socio-cultural activities and practical assignments tasks to do after the course), Course Material, Certificate of Attendance, dossier with information material about Alcalá de Henares, City Guided Tour and entrance to The Cervantes Birthplace Museum.

- CERVANTES TRAINING -

Programme

Course: Coaching in educational contexts to reduce early school leaving

Place: Alcalá de Henares -Madrid- Spain

Day 1: Arrival (evening)

- Welcome
- Registration and Hand-out of Material
- Ice breaking
- Course overview

Day 2: Getting to know each other-Sociocultural activity

Alcalá de Henares Guided Tour: World Heritage Site and Birthplace of Miguel de Cervantes and his Don Quixote "In the footsteps of Cervantes"- Entrance to The Cervantes Birthplace Museum.

Day 3: Introduction to Energy Psychology and Emotional Freedom Techniques

- Participant Presentations. Expectations and needs for the course
- Discussion of general objectives of the course
- Introduction to Energy Psychology and EFT
- How these energy tools can be used in relation to a teaching environment
- Instruction and initial practice of basic techniques

Day 4: In-depth instruction of the techniques

- How to apply EFT
- Set-up phrases and looking at changing aspects
- Psychological Reversal - its effects and how to overcome it
- Identifying and changing limiting beliefs
- Practical exercises in pairs to integrate learning
- Discussion and comments

Day 5: Understanding how stress and emotions affect our physical and mental health

- Physiology of stress
- Biochemistry and how our emotions affect all aspects of our lives
- The science supporting the changes in neurochemistry when applying EP techniques
- Practical exercises working in pairs on real health and emotional issues of students
- Discussion and comments on results of exercises

Optional Activity: "Tapas with don Quixote and Sancho". (At own expenses)

Day 6: Analysis of illnesses predominant amongst teaching professionals

- Looking at causes and effects of stress, burnout, anxiety, depression, neck and back pain, throat problems and other illnesses predominant in the teaching environment
- Learning tools and strategies to identify, treat and prevent such illnesses
- Practical therapeutic exercises in pairs to reduce and allviate participants' health issues
- Discussion and comments on results of exercises

Day 7: Strategies for everyday use

- Easy tailor-made strategies to use in the classroom and practical exercises to integrate the technique learnt during the week
- Open discussion to clarify doubts, answer queries and assist participants
- Evaluation
- Certificates
- Farewell (before lunch time)