

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 recommended reading and course material and tutorials relevant to the course contents. They will also receive practical information for the course and a Guide about Alcalá de Henares and other places to visit.

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
- Analyze 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: EFT- Emotional Freedom Techniques. The practical nature will enable participants to work on and solve emotional issues which arise in the classrooms.

Follow-up

Cervantes Training will send more materials to participants after the course to guide the implementation of course contents into their institutions. We will be available for consults via email to clarify doubts, offer advice after the course.

Enrolment Fees

490 Euros- Course Price includes: Registration Fees and tuition for the course -7 days-, Course Material- before and after the course, dossier with information material about Alcalá de Henares, City Guided Tour and entrance to The Cervantes Birthplace Museum, Certificate of Attendance with learning outcomes and Europass (Europass is issued upon request).

- CERVANTES TRAINING -

Programme

Course: Coaching in educational contexts to reduce early school leaving

Place: Alcalá de Henares -Madrid- Spain

Day 1: Arrival

Welcome- Registration and Hand-out of Material- Course Overview- Ice breaking- Tapas in Alcalá-

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: The European Union on Early School Leaving (ESL)

- Early School Leaving as a European Priority
- What early school leavers are
- European Policies, Measures and School Plans to tackle early school leaving
- Practical Workshop on Early School Leaving (ESL)

Day 4: Analysis of illnesses predominant amongst teaching professionals

- Stress in Teaching: Understanding how stress and emotions affect our physical and mental health
- Physiology of stress.
- Effects of reducing Stress.
- Body and Mind. Teacher Well-being
- The Power of Positive Thinking: Five Magical Benefits

Day 5: The Science of Emotional Freedom Technique- EFT

- Emotional Freedom Techniques (EFT): What is EFT?. How EFT works. Why use EFT.
- How to apply EFT: Energy Points. The EFT Procedure. The Basic Recipe.
- Practical Workshop to integrate learning. Tapping script for teachers.

Day 6: Ideas for different problems using EFT for ESL

- Group Work: Lets go Tapping
- Issues are like Puzzles.
- When EFT doesn't seem to be working.
- Shared Benefits Exercises. Group Work
- Physical ailments and illnesses can be related to emotional causes
- Practical exercise in pairs
- Workshop on physical issues

Day 7: How can EFT be helpful in schools so as to reduce Early School Leaving

- Tapping script for students
- Let's go tapping for students
- Strategies for everyday use
- Open discussion to clarify doubts, answer queries and assist participants
- Evaluation
- Certificates

Once the course finishes, all participants will be sent more materials and tutorials to implement course contents into their institutions.