



The course is designed to help overseas teachers learn mindfulness and emotional intelligence for their own wellbeing and to apply in the classroom with their students. The content is taught using CLIL methodology to enhance both language and content learning.

### Objectives

This very practical course aims to provide participants with lots of ideas to help them reflect on and develop their current teaching practice by looking at:

- Their own wellbeing and motivation as teaching professionals.
- Their intrapersonal and interpersonal skills.
- How they can improve the classroom environment and learning outcomes.
- Ways of teaching social emotional learning through a second language.
- Creative ideas to use video, song and texts in the classroom for specific purposes.
- Ways of incorporating mindfulness and emotional intelligence into primary, secondary and tertiary education.

Each of the 3 daily sessions focuses on different aspects of applying and developing mindfulness and emotional intelligence in the educational context. The first, through personal development. The second from a general perspective and theoretical baseline and the third applied to particular fields of interest.

### Methodology

The morning practical session is based on standard mindfulness training programmes and encourages the student to develop their own mindfulness practice and familiarise themselves with the theory behind mindfulness and emotional intelligence.

Input will be provided in a variety of ways (meditations, group, pair and individual work using a variety of audiovisual material and authentic texts) that take account of the course participants' different learning preferences and styles. Participants will be encouraged to share their own ideas and experience and reflect on their own practice by keeping an "emotional and thoughtful" diary. Furthermore they will be able to develop networks with participants from other countries. There will be opportunities throughout the course to develop participants English language skills and to exploit the UK context and the facilities and services offered by ELC.

### Preparation

A preparation pack is sent to participants on enrolment. Before the start of the course, participants will be asked to complete a pre-course questionnaire and a pre-course task which will enable the trainers to focus more specifically on the exact needs of the participants - the attached timetable, therefore, shows a sample programme for this course. The trainers will review the pre-course task during the course.

### Follow up

Participants will be asked to complete a Study Journal during their stay to reflect on the new ideas they have experienced and on how they will incorporate them into their teaching and in their workplace. On the final day participants will present their own action plans and discuss these within their group. Follow up support is available via email and participants will be encouraged to report on their progress. A VLE will be set up for participants to collaborate online.

### Outcomes

- Improved English Language Skills
- Improved confidence and concentration in class
- Deeper sensitivity to own and student needs
- Knowledge of how mindfulness and social emotional learning is being implemented
- Strategies, skills and activities for teaching
- Better knowledge of Erasmus+ potential for your own and others' professional development
- Enhanced classroom methodological practice
- Improving students' motivation and wellbeing
- Interpersonal Skills and Teamwork
- Better awareness of learning needs, difficulties + behaviour

### Course Provider

The English Language Centre, Brighton (PIC943968790)  
33 Palmeira Mansions, Brighton, BN3 2GB; T: +44 1273 721771, E: [info@elc-brighton.co.uk](mailto:info@elc-brighton.co.uk)

### Total Course Contact hours:

1 week = 22.5 hours, 2 weeks = 45 hours

### Course Timetable

Monday to Friday 9.00-10.30, 11.00-12.30, 13.30-15.00

### Class Size:

Maximum 12 participants per class

### Minimum Level:

CEFR B1 Intermediate

### Course Fees:

£760 + registration fee £90

### Accommodation:

Homestay £150 pw; Hotels from £60 pppn

### Course reference and dates:

MEI1 20/07/20 – 31/07/20  
MEI2 03/08/20 – 14/08/20  
MEI3 05/10/20 05/10/20 – 16/10/20



### Sample timetable

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 - 10.30	Welcome to ELC, briefing, orientation and Introduction to course	Mindfulness and emotional intelligence Practical session 1 Based on standard training programmes for teachers.	Mindfulness and emotional intelligence Practical session 2	Mindfulness and emotional intelligence Practical session 3	Mindfulness and emotional intelligence Practical session 4
10.30 - 11.00	BREAK	BREAK	BREAK	BREAK	BREAK
11.00 - 12.30	Introduction to mindfulness and emotional intelligence and its application in education.	Mindfulness and education: Experiences in the UK, Spain and USA.	Mindfulness: the growing evidence base in education	Cognition: how mindfulness and emotions influence learning	Teacher wellbeing
12.30 - 13.30	BREAK	BREAK	BREAK	BREAK	BREAK
13.30 - 15.00	Cross grouping and networking activity	Mindfulness and emotional intelligence in primary education.	Mindfulness and emotional intelligence in secondary education.	Mindfulness and emotional intelligence in tertiary education.	Mindful Excursion to contact with nature.
AFTERNOON	<i>Optional social and cultural programme and/or supervised self-study</i>				
EVENING	(optional) 20.00 Welcome drink – meet at school	FREE TIME	FREE TIME	FREE TIME	FREE TIME <i>Weekend excursions available</i>

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 - 10.30	Mindfulness and emotional intelligence Practical session 5	Mindfulness and emotional intelligence Practical session 6	Mindfulness and emotional intelligence Practical session 7	Mindfulness and emotional intelligence Practical session 8	Mindfulness and emotional intelligence Practical session 9
10.30 - 11.00	BREAK	BREAK	BREAK	BREAK	BREAK
11.00 - 12.30	Compassion and empathy in the classroom	Mindfulness and Multiple Intelligence theory.	Mindfulness and language learning. An experience in CLIL.	Growing together as a school community: pupils, teachers, administrators, parents.	Taking the " here and now" into the future. Where do I go from here?
12.30 - 13.30	BREAK	BREAK	BREAK	BREAK	BREAK
13.30 - 15.00	Available resources and review of literature. Building mindfulness into your personal and professional life.	Creating your own project.	Creating your own project.	Project sharing session.	Conclusions and course feedback.
AFTERNOON	<i>Optional social and cultural programme</i>				
EVENING	FREE TIME	FREE TIME	FREE TIME	<i>Farewell party</i>	FREE TIME <i>Weekend excursions available</i>