

Sustainable teacher – a toolkit for self-care and recreation



GENERAL INFORMATION

Trainer: Ágnes Fabók



Number of participants: 5-15 people

Language: English

Highlights:

The course provides strategies and practices to prevent burnout and implement sustainable personal and professional well-being throughout the teaching career. In order to sustain professional well-being, it is important to maintain harmony between role expectations and individual needs, values and goals. The course promotes a sustainable healthy approach to teaching by raising awareness of the stages, dimensions and risk factors of burnout, and highlighting the importance of constant self-reflection and self-care.

COURSE CONTENT

Description:

The teaching profession has a particularly high risk factor for burnout. Exhaustion is a natural process when dealing with the demands of the job, but the lack of supervision makes it especially challenging for teachers to cope with emotionally difficult situations and preserve their mental well-being throughout their career. Teachers need to strengthen their own self-awareness, and develop their own practical strategies for mental self-care and health protection to combat emotional exhaustion.

The course combines theory and practice. The theoretical part will introduce the stages, risk factors and dimensions of burnout, and the possibilities of prevention and intervention. The course is designed with a practical attitude and it also provides participants with the tools and strategies to develop their mental health awareness and promote their lifelong mental health and well-being. Participants

will become more resilient and self-reflective, will identify their resources and benefit from a supportive community experience.

Aims and objectives:

The aim of the training is to raise awareness of mental health protection and promote tools of self-care to prevent burnout. It is designed to combine theory with hands-on experience.

Further objectives:

- deeper understanding of the stages and dimensions of burnout,
- raising awareness of individual risk factors
- providing participants with hands-on experience of techniques (both individual and team) that serve long-term mental well-being
- enhancing participants' self-awareness and coping skills

Learning outcomes:

The course will help the participants to:

- understand the stages and dimensions of burnout
- identify their individual risk factors and resources
- develop self-compassion
- learn by doing, reflecting and sharing
- develop their own strategies of self-care

Target group:

Teachers at all education levels.

Required language level of the participants: English, B2,C1

Duration: 25 lessons, 5 days

Schedule*



MONDAY	Terms and concepts related to mental health <ul style="list-style-type: none">• what does health mean?• what does mental health mean?• burnout (stages, dimensions, symptoms, risk factors)• prevention, intervention, therapy
TUESDAY	Building blocks of well-being 1 <ul style="list-style-type: none">• positive psychology and the PERMA model• relationships and roles• self-compassion
WEDNESDAY	Building blocks of well-being 2 <ul style="list-style-type: none">• The Psychological Immune System• character strengths• resilience• positive emotions

THURSDAY	Resources that serve sustainability – past / present / future <ul style="list-style-type: none">• career path diagram• professional ars poetica
FRIDAY	Coping with difficult emotions <ul style="list-style-type: none">• individual SEL techniques• the intervision method – a safe, reflective space

* Notes:

- the schedule describes likely activities but may be modified in accordance with the requests and needs of the participants;
- presentations of the participants' schools may be divided up and take place after the breaks on each day of the course.

ADDITIONAL INFORMATION

Certificates awarded:

Certificate of Attendance, Europass certificate and/or Learning agreement complement

Price: EUR including course, Erasmus+ documentation and a cultural activity

Location:

Date:



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