

Colors of Renewal & a Palette of Inspiration:

Teacher's Retreat to recharge through Painting and Creative Visioning for the new school year



GENERAL INFORMATION

Trainer: Mag.a Verena Krutzler

Number of participants: 5-25 people

Language: English



Highlights:

- Guided fantasy journeys to release past school year and embrace a bright outlook.
- Exploration of positive affirmations to cultivate a mindset of optimism and growth.
- Visioning exercises for creating a vivid roadmap for the upcoming school year.
- Hands-on experience in painting, collage-making, and crafting affirmation cards

COURSE CONTENT

Description:

This workshop is exclusively for teachers who want to rejuvenate their minds and develop a positive attitude for the new school year. Through a combination of guided fantasy journeys, positive affirmation exercises, and expressive painting sessions, participants embark on a transformative journey to let go of past experiences and embrace new opportunities. This retreat provides a space for self-discovery, creative expression, and visioning a fulfilling upcoming school year.

Aims and objectives:

- Equip teachers with techniques to cultivate positive affirmations and mindfulness for maintaining a constructive outlook.
- Develop participants' creative expression abilities through painting, collage, and visualization exercises.
- Facilitate the creation of personalized vision boards and positive vibes cards to serve as ongoing sources of inspiration.

Learning outcomes:

- Increased ability to manage stress and emotional baggage through creative expression and symbolic release.
- Enhanced understanding of the power of positive affirmations in shaping attitudes and outcomes.
- Strengthened creative self-confidence in using playful methods for self-reflection and future visioning.
- Empowerment of creating vision boards and affirmation cards as tangible reminders of personal and professional aspirations.

Target group:

Teachers and Educators

Required language level of the participants: English, B1

Duration: 30 lessons, 6 days

Schedule*



SUNDAY	<ul style="list-style-type: none">• Get to know each other with trainers and the other participants and location of the course, warm up
MONDAY	<ul style="list-style-type: none">• Embracing Renewal - Letting go the previous year's challenges and opening up
TUESDAY	<ul style="list-style-type: none">• Cultivating Positivity - Reflecting on the power of positive affirmations
WEDNESDAY	<ul style="list-style-type: none">• Colors of Imagination - Crafting Daily Cards for Positivity
THURSDAY	<ul style="list-style-type: none">• Vibrant Visions - Translation Vision into Mixed Media
FRIDAY	<ul style="list-style-type: none">• From workshop to reality: Implementing what you've learned, radiating creativity and renewal
SATURDAY	<ul style="list-style-type: none">• Evaluation of the course, distributing certificates• Compulsory relationship building program

* 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 595 including course, Erasmus+ documentation and a cultural activity

Location: Vienna, Austria

Date: 19-24 August 2024



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