InterAct

LEARNING PROGRAMME

Empowering Teachers and Educators by Promoting Resilience in Them

5-DAY COURSE

25 learning hours | Course programme

Empowering Teachers and Educators by Promoting Resilience in Them – 5-Day Course

Introduction and Description

This 5-day intensive course is designed to strengthen teachers' personal and professional wellbeing through evidence-based resilience practices, coaching strategies, and nature-based experiential learning. This condensed version focuses on equipping educators with practical tools for emotional regulation, cognitive flexibility, physical wellbeing, and positive relational dynamics, while emphasising the restorative and grounding benefits of connecting with natural environments.

The course offers a holistic understanding of teacher resilience and explores how educators can maintain balance, agency, and professional sustainability in increasingly demanding school contexts. Participants engage with key theories from psychology and education, analyse real-life case studies, and practice a wide range of resilience-building activities suitable for both personal use and classroom adaptation. Special attention is dedicated to strengthening social and emotional competences, managing stress through body-mind techniques, and reframing challenging situations through cognitive strategies.

A distinctive feature of this 5-day programme is the integration of outdoor and nature-based experiential learning. Through guided activities such as sensory awareness walks, grounding practices, nature journaling, and reflective outdoor observation, participants explore how natural environments can enhance emotional wellbeing, elevate self-awareness, and support the cultivation of resilience. The course also introduces coaching approaches that help educators guide peers and learners in building personal resilience plans.

By the end of the programme, participants will have developed a personalised resilience action plan tailored to their school context, enriched with practical activities—including nature-informed strategies—that can be easily integrated into classroom practice, staff wellbeing initiatives, and broader school culture.

Methodology and Assessment

The course employs a holistic, experiential methodology combining theory with active practice. Participants engage in interactive workshops, reflective discussions, coaching

exercises, nature-based activities, and embodied techniques that promote emotional, cognitive, physical and social dimensions of resilience. Outdoor experiential learning—such as sensory walks, grounding practices and nature journaling—supports deep reflection and wellbeing. Collaborative tasks, peer feedback and real-case analyses foster professional dialogue and contextualisation. Assessment is formative and continuous, based on active participation, reflective journaling, peer-supported coaching practice, and the development of an individual resilience action plan tailored to each participant's educational context.

Learning Objectives

Upon completion of the course, participants will be able to:

Conceptual Understanding

• Demonstrate a clear understanding of resilience from psychological, pedagogical, and holistic perspectives.
• Identify key stressors affecting educators and distinguish between risk factors and protective factors in school environments.
• Explain the connections between emotional, cognitive, physical, and social dimensions of resilience.

Professional & Practical Competences

• Apply evidence-based strategies for emotional regulation, self-awareness, and stress management.
• Use cognitive resilience techniques such as reframing, perspective-taking, and positive reappraisal in real educational scenarios.
• Facilitate classroom-appropriate resilience activities for learners of different age groups.
• Implement nature-based and outdoor methodologies to support wellbeing, reflection, and emotional regulation for both teachers and learners.

Coaching & Interpersonal Skills

• Demonstrate core coaching skills, including active listening, questioning techniques, and strengths-based feedback.
• Conduct short coaching sessions focused on supporting colleagues' or students'

resilience development.
• Design personalised resilience coaching or support plans suitable for school settings.

Outdoor & Nature-Based Competence

• Employ nature-based techniques such as sensory awareness walks, grounding exercises, reflection spots, and outdoor journaling.
• Integrate natural environments into classroom planning and teacher wellbeing routines.
• Evaluate the restorative benefits of nature for reducing stress and promoting self-regulation.

Reflective & Strategic Implementation

• Reflect critically on their own resilience patterns and identify areas for growth.
• Develop a realistic and context-sensitive action plan for promoting resilience within their school or educational organisation.
• Demonstrate the ability to adapt the course's strategies and activities to diverse institutional contexts.

Preparation

After registration participants will receive pre-course questionnaire which will be used by the trainer to learn about participants' teaching backgrounds and to assess their exact needs. Before the beginning of the course a basic reading list will be suggested to participants to prepare for the training. Participants will also be asked to prepare a presentation about themselves, their professional context and their culture. The presentation will be presented on the first day of the course to facilitate networking opportunities. Participants will receive information about the country they are going to visit in order to prepare them for their cultural experience.

Follow up

After the course participants will be asked to share what they have learned with the rest of the staff in their schools. Further books and articles to deepen the topic and contacts with some other practitioners all over Europe and in the world will be suggested by the trainer.

The methods shared and explored and the bibliography given will allow the participants to complete and improve their educational path.

Certificate

Certificate complies with the guidelines of the Erasmus+ programme and includes the topic, number of didactic hours, dates and location of the course. We can list the record of learning outcomes on the Europass Mobility Document on request of participants. In case a participant requires a specific format of certificate we can accommodate that if requested at least one week before the start of the course. It is necessary to attend at least 80% of the hours in order to receive the certificate.

Accommodation

We do not directly offer accommodation and subsistence and participants are responsible for organizing it by themselves.

Paperwork

We also provide all the support with paperwork you might need for your Erasmus+ project documentation such as mobility agreement and registration letter.

Fee: 400 €

Cancelation policy

We have a flexible cancellation policy in force at the moment and you can cancel your registration up to 30 days before the course and receive a full refund. In case you don't cancel the registration more than 30 days before you will not receive any refunds, but you will be able to choose to attend any other confirmed course session later (within 6 months) without any additional costs. In case you are not able to travel, your school can send someone else to take instead of you and you can change the details of the participant any time before the start of the course at no additional cost.

TENTATIVE PROGRAMME (25 didactic hours - 5*45min per day) Monday to Friday	
Day 1	Welcome, Group Building & Foundations of Resilience
09.00 - 09.45	Introductions & Icebreakers
09.45 - 10.30	Course Overview & Learning Agreement
10.30 - 11.15	Warm-up activities focused on trust-building and defining resilience
11.15 - 11.30	Break
11.30 - 12.15	Theoretical introduction: origins of the concept and key definitions
12.15 - 13.00	Resilience timeline
Day 2	Holistic Resilience: Emotional, Cognitive & Physical Dimensions
09.00 - 09.45	Emotional awareness and emotional literacy
09.45 - 10.30	Emotional regulation strategies
10.30 - 11.15	Cognitive resilience
11.15 - 11.30	Break
11.30 - 12.15	Physical resilience
12.15 - 13.00	Social resilience
Day 3	Activity Bank: Practical Strategies & Resilience Programmes
09.00 - 09.45	Activity bank introduction: emotional literacy, gratitude, positive psychology tools
09.45 - 10.30	Social and team-based resilience activities
10.30 - 11.15	Role-play: navigating challenges using resilience strategies
11.15 - 11.30	Break
11.30 - 12.15	Embodied & mindfulness-based practices for teacher wellbeing
12.15 - 13.00	Developing short resilience routines for classroom use
Day 4	Coaching for Resilience & Nature-Based Approaches
09.00 - 09.45	Introduction to coaching as a tool to strengthen resilience and core coaching skills

09.45 - 10.30	Coaching micro-sessions in triads
10.30 - 11.15	Resilience and storytelling: using narratives to build meaning and agency
11.15 - 11.30	Break
11.30 - 12.15	Guided outdoor resilience activities
12.15 - 13.00	Designing nature-based micro-practices for daily use and wellbeing
Day 5	Consolidation, Action Planning & Closing
09.00 - 09.45	Developing personalised resilience action plans for schools and work environments
09.45 - 10.30	Identifying potential challenges and strategies to overcome them
10.30 - 11.15	Group exhibition of participants' resilience plans and feedback
11.15 - 11.30	Break
11.30 - 12.15	Evaluation & Reflection
12.15 - 13.00	Validation of learning outcomes and certification

*This is only a tentative timetable. The exact hours or the course might differ and will be announced for each session 2 weeks before the start. However, there will always be a total of 5 didactic hours per day and all will be in line with the Erasmus+ quality standards. The trainer might slightly modify the content in response to the needs of the group.

**Cultural and social programmes will be organized in addition to the academic programme. The exact cultural and social programme depends on the location, season, weather, etc.