



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.

**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 course content is taught using CLIL methodology to enhance both language and content Learning.** The morning practical session is based on standard mindfulness training programmes and encourages participants 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 should complete a pre-course questionnaire which will enable the course leaders to focus more specifically on the exact needs of the participants - the attached timetable, therefore, shows a sample programme for this course.

**Follow up**

Participants will complete a journal during their stay to reflect on the new ideas they have experienced and on how they will incorporate them into their teaching. They also develop a classroom project. Follow up support is available via an alumni email group and participants will be encouraged to report on their progress. A course VLE will be set up for participants to collaborate and share 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 / OID E10150503)  
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	20/01/20 – 31/01/20	MEI4	03/08/20 - 14/08/20
MEI2	06/07/20 – 17/07/20	MEI5	05/10/20 – 16/10/20
MEI3	20/07/20 – 31/07/20		

ELC Brighton, 33 Palmeira Mansions, Brighton & Hove, England, BN3 2GB

[www.elc-schools.com](http://www.elc-schools.com) [info@elc-brighton.co.uk](mailto:info@elc-brighton.co.uk)





### Sample timetable

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9.00 - 10.30	Welcome to ELC, briefing, orientation	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	Your teaching context	Mindfulness and education: Experiences in the UK, Spain and USA.	Creative and Critical thinking	Cognition: how mindfulness and emotions influence learning	Teacher wellbeing
12.30 - 13.30	BREAK	BREAK	BREAK	BREAK	BREAK
13.30 - 15.00	Warmers, fillers and team builders	Mindfulness and emotional intelligence in primary education.	Puzzling it out mindfully: your teaching puzzles	Mindfulness and emotional intelligence in secondary and tertiary education.	Mindful Excursion to contact with nature.
AFTERNOON	<i>Optional social and cultural programme and/or supervised self-study</i>				
EVENING	FREE TIME	(optional) 20.00 Welcome drink – meet at school	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	Feedback
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.	Exhibition, rounding off and certificate ceremony
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.	Networking: farewell afternoon tea
AFTERNOON	<i>Optional social and cultural programme</i>				
EVENING	FREE TIME	FREE TIME	FREE TIME	FREE TIME	FREE TIME <i>Weekend excursions available</i>