

TEACHER BURNOUT PREVENTION AND DIGITAL WELLBEING



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OID: E10201112

Advanced Institute for Skills Development

COURSE DESCRIPTION

In an era of constant connectivity, educators are facing unprecedented levels of digital overload and professional exhaustion. This Erasmus+ mobility is designed to tackle the high rates of teacher attrition by providing practical workflows to manage the "always-on" culture of modern education. Participants will explore the intersection of mental health and technology, learning how to use digital tools to simplify their lives rather than complicate them.

We focus on "Cognitive Offloading" (using AI and automation to clear administrative brain fog) while rediscovering the human joy of teaching. This is the ultimate "Teacher Detox," providing a safe space to reset, reflect, and return to school with a sustainable strategy for long-term wellbeing.

The course follows a practice-oriented and collaborative approach, consistent with Erasmus+ KA1 training standards.

COURSE INFORMATION

Learning Outcomes

- Recognize the early warning signs of professional burnout and digital fatigue;
- Implement "Digital Hygiene" habits to separate personal life from professional connectivity;
- Master time-saving AI workflows to reduce administrative workload;
- Apply stress-reduction techniques and mindfulness specifically tailored for the classroom environment;
- Understand the "Right to Disconnect" within the European educational framework;
- Improve English communication and social skills through collaborative sharing;
- Promote intercultural awareness and share good practices with European peers;
- Identify personal triggers and develop a 12-month Wellbeing Action Plan;
- Transfer and share core values, experiences and effective teaching practices with other teachers and colleagues;
- Improve technical and English language, communication and social skills.

DAILY PROGRAM

5-DAYS

..... *Our courses also include a daily Coffee Break

DAY 1 / 8h30-13h45

- Course Introduction and Icebreaking Activities.
- Sharing current challenges in the Education sector;
- Identifying personal burnout triggers.

DAY 2 / 8h30-13h45

- The Psychology of Digital Overload;
- Understanding "Always-on" culture;
- Work-life boundary setting.

DAY 3 / 8h30-13h45

- Cognitive Offloading: Using AI and automation to reclaim your time;
- Simplification of administrative tasks.

DAY 4 / 8h30-13h45

- Mindfulness and Stress-Reduction;
- Practical classroom breathing and focus exercises;
- The "Slow Teaching" movement.

DAY 5 / 8h30-13h45

- Building an Institutional Wellbeing Strategy;
- How to lead a "Healthy School" culture for staff and students;
- Course round and review;
- Learning validation;
- Certification Ceremony.



ADDITIONAL INFORMATION

Documentation: Learning Agreement; Certificate of Attendance with description of learning outcomes; Europass validation; and other required Erasmus+ supporting documents.

(Our courses are eligible to be completely funded by the Erasmus+ program 2021-2027 - KA1 funds and several other programs)

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