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siner advanced skills institute

Erasmus+ Training

TEACHER BURNOUT PREVENTION AND DIGITAL WELLBEING

Enroll Here

more info

OID

Registered Provider

Portugal: E10201112
Poland: E10419682 **Spain:** E10417947

Language:
English

Area:
AI Assistants & Automation / Digital Wellbeing / Stress Management & Burnout Prevention

Level:
Basic to Intermediate Professional Literacy

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.

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.

Course Programme

5 DAYS

course code LTTBPDW108

All our courses include a daily standard Coffee Break

DAY 1

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

DAY 2

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

DAY 3

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

Our courses typically run ***from 08:30 to 13:30.***

This schedule is a tentative framework. Specific activities, session order and timings are subject to adjustments by the trainer/provider's discretion & objectives.

Course Programme

5 DAYS

course code LTTBPDW108

All our courses include a daily standard Coffee Break

DAY 4

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

DAY 5

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

Planned Schedule: *Our courses typically run from* ***08:30 to 13:30.***

This schedule is a tentative framework. Specific activities, session order and timings are subject to adjustments by the trainer/provider's discretion & objectives.

Full Documentation Learning Agreement; **Certificate of Attendance** (with detailed Learning Outcomes); Europass validation; and other required Erasmus+ supporting paperwork.

100% Eligible for Erasmus+ Funding (2021–2027) - Our courses are eligible to be completely funded by the Erasmus+ program.

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