learningtogether
siner advanced skills institute

ERASMUS+ STRUCTURED COURSE | SCHOOL APPROVAL SUMMARY

Communicating Under Pressure

A concise, shareable overview for teachers, school leaders and Erasmus+ mobility coordinators.

Course code	LTCUNP48	**Language**	English
Destination	Lisbon, Portugal	**Subject level**	Basic to Intermediate Professional Communication
Format	On-site · 5-day programme	**Audience**	Teachers, school leaders, coordinators & education professionals

Educational purpose

Communicate clearly under pressure through self-regulation, active listening, assertiveness, de-escalation and constructive follow-up.

Learning objectives & outcomes

- Stress Awareness & Emotional Regulation
- Factual Clarification & Message Framing
- Conflict De-escalation
- Resilient Communication Planning
- Active Listening & Empathic Understanding
- Assertive Communication & Boundaries
- Constructive Feedback & Negotiation
- European Peer Exchange & Institutional Transfer

Learning activities and methodologies

Programme format: **5-days (25h)**. Participants learn through stress-awareness practice, guided communication exercises, realistic simulations and structured action planning. Active listening, assertiveness, de-escalation, feedback and negotiation are developed through roleplay, peer feedback and reflection linked to participants' own professional contexts.

Documentation, materials and practical arrangements

Certificate of Attendance: issued for participants meeting the 80% minimum attendance requirement. **Learning Agreement** and **Europass Mobility support** are provided where agreed and relevant; if you need support for additional documents contact our team. Participants have access to a dedicated folder with digital course materials, resources and evidences. **Materials to bring: None.**

Locations, fees and booking

Course location: Lisbon. **Fees per participant:** 5-day: €450. Current edition dates, confirmation status, fee and inclusions must be verified before making non-refundable travel commitments. Pre-enrolment is non-binding and is not a booking confirmation.

Course details · **Live course calendar** · **Mobility documents**

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