learningtogether
siner advanced skills institute

ERASMUS+ STRUCTURED COURSE | SCHOOL APPROVAL SUMMARY

Emotional Intelligence

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

Course code	LTEI023	**Language**	English
Destination	Multiple locations available	**Subject level**	Basic to Intermediate Professional Literacy
Format	On-site · 5-day or 6-day	**Audience**	Teachers, school leaders & education professionals

Educational purpose

Develop emotional self-awareness, regulation and empathy to manage pressure, strengthen relationships and support sustainable professional wellbeing in education.

Learning outcomes

- Emotional Intelligence Concepts & Professional Relevance
- Emotional Regulation & Reflective Choice
- Trust-Based Communication & Feedback
- Professional Wellbeing & Team Action Planning
- Self-Awareness & Trigger Recognition
- Empathy & Perspective-Taking
- Conflict Prevention & De-escalation
- European Peer Exchange & Institutional Transfer

Learning activities and methodologies

Programme format: **5-days (25h) or 6-days (30h)**. Participants learn through guided self-assessment, reflective exercises, communication practice, roleplay and collaborative action planning. Feedback and peer exchange connect emotional self-awareness, regulation, empathy and conflict response with realistic professional application.

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.**

Fees, editions and booking

Fees per participant: 5-day: €450; 6-day: €580. 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**

Portugal OID E10201112 / Spain OID E10417947 / Poland OID E10419682

learningtogether.eu@sinerconsult.pt