COURSE BROCHURE | ERASMUS+ TRAINING

Positive Learning and Wellbeing in Schools

Build a positive school culture through emotional awareness, supportive relationships, student motivation and practical wellbeing strategies for everyday education.

LOCATION	LANGUAGE	FORMAT	DURATION	COURSE FEE
Multiple Locations	English	On-site	5 days	From €400 to €420

5-day programme in **Aveiro, Azores, Faro, Krakow, Lisbon, Madeira, Malaga, Porto, Poznan, Seville, Valencia and Wroclaw**. See the course page for current fees, inclusions and dates.

Course description

Schools are not only places for academic learning. They also play an important role in developing emotional skills, positive relationships and a sense of belonging. Creating a supportive school culture can strengthen student engagement and wellbeing while helping educators build more positive and fulfilling professional experiences.

Drawing on Positive Education and Positive Psychology, this practical course introduces strategies for strengthening emotional awareness, empathy, resilience, motivation and supportive classroom relationships. Participants will work with positive communication, strengths-based feedback, social-emotional learning activities and everyday wellbeing routines. They will also consider how teacher wellbeing, mindfulness and positive habits can contribute to a healthier school environment.

Through interactive exercises, group discussions, roleplay and collaborative workshops, participants will examine practical examples from European schools and develop a Positive Learning and Wellbeing Action Plan for their own educational context. They will identify realistic strategies for creating positive learning environments, supporting emotional wellbeing and integrating sustainable wellbeing practices into everyday school life.

Who the course is for

For educators

Teachers, trainers, school leaders and other education professionals working across primary, secondary, vocational, higher and adult education. Particularly relevant for those seeking to strengthen student engagement, positive classroom relationships, emotional wellbeing and supportive school environments while developing practical strategies for their own wellbeing and professional practice.

At a glance

Course level: Basic to Intermediate Professional Literacy

Working language: English. Please contact the team if you are unsure about the course level or working language.

CURRICULUM FOCUS

Positive Education & School Culture / Emotional Awareness & Resilience / Wellbeing Routines & Action Planning

View the course, current editions and fees

02 / INTENDED LEARNING OBJECTIVES

Learning outcomes

The following learning outcomes describe the course's intended direction and objectives. The trainer adapts activities, examples and participant work to the group's goals, experience and learning needs.

01 **Positive Education & Wellbeing Foundations** - Explain key principles of Positive Education and Positive Psychology and their relevance to learning, motivation and school wellbeing.

02 **Emotional Awareness & Resilience** - Apply practical strategies that support emotional awareness, empathy, self-regulation, resilience and a growth mindset in education.

03 **Positive Classroom Climate & Relationships** - Identify and apply approaches that encourage trust, belonging, emotional safety and supportive relationships among learners and educators.

04 **Strengths-Based Communication & Motivation** - Use constructive feedback, positive communication and strengths-based approaches to encourage student motivation, engagement and participation.

05 **Everyday Wellbeing Routines** - Design simple wellbeing routines and social-emotional learning activities that support learners and educators in daily school life.

06 **School Wellbeing Initiatives** - Develop practical ideas for promoting wellbeing across the school community, considering collaboration, sustainability and long-term participation.

07 **Positive Learning & Wellbeing Action Planning** - Create a realistic action plan with activities, priorities and practical steps for strengthening wellbeing in their educational setting.

08 **European Peer Exchange & Institutional Transfer** - Compare Positive Education and school wellbeing initiatives from European contexts and identify approaches suitable for participants' own institutions.

Transfer to practice and intended impact

The programme supports participants in connecting the course learning with their own professional context. Participants consider how relevant approaches, activities or tools could be adapted to their learners, priorities and institutional settings.

1. **Identify a relevant professional need:**
   Consider which learner need, classroom challenge or institutional priority the course learning could help address.
2. **Adapt the approach to your setting:**
   Select the activities, tools or approaches that can realistically be incorporated into your own professional context.
3. **Decide what progress would look like:**
   Consider how changes in practice, learner engagement, learning outcomes or another relevant result could be recognised.

03 / COURSE PROGRAMME | DAYS 1-3

Learning Activities & Training Schedule

MONDAY - FRIDAY (DAYS 1 - 5)	08:30 - 13:30	TRAINING HOURS 5h scheduled per day (25h total)	*This is a typical timetable, subject to the provider's discretion.*

DAY 1

Positive Education & School Wellbeing

- Introduce Positive Education, its origins, main principles and practical applications in schools.
- Discuss the importance of student and teacher wellbeing in contemporary educational environments.
- Reflect on participants' school environments, identifying existing strengths and areas for improvement.
- Examine key concepts from Positive Psychology and their relevance to positive learning experiences.
- Identify one realistic wellbeing and learning priority for the week.

DAY 2

Emotional Awareness, Empathy & Resilience

- Practise emotional self-awareness and simple self-regulation strategies for everyday school situations.
- Develop empathy and perspective-taking through guided exercises and educational scenarios.
- Examine practical ways to encourage resilience and a growth mindset among learners.
- Design simple wellbeing routines that can be integrated into daily classroom and school life.

DAY 3

Positive Classroom Climate & Relationships

- Identify strategies for creating a supportive classroom climate based on trust, respect and positive relationships.
- Practise strengths-based feedback and constructive communication through realistic classroom scenarios.
- Apply approaches that encourage student motivation, engagement and active participation.
- Develop classroom rituals and routines that support emotional safety, connection and a sense of belonging.

04 / COURSE PROGRAMME | DAYS 4-5

Learning Activities & Training Schedule

DAY 4

School Wellbeing Projects & Positive Practices

- Work collaboratively to design a practical wellbeing initiative addressing the needs of learners or school staff.
- Compare examples of Positive Education and school wellbeing projects implemented in different European contexts.
- Practise simple mindfulness and relaxation techniques that can support everyday stress awareness and wellbeing.
- Consider how sustainable routines, positive habits and community involvement can support long-term school wellbeing.

DAY 5

Positive Learning & Wellbeing Action Plan

- Present the Positive Learning and Wellbeing Action Plan developed during the course, highlighting practical activities and implementation priorities.
- Exchange feedback with European peers and identify improvements for classroom or school-wide application.
- Reflect on personal and professional learning, identifying strategies to introduce into everyday school practice.
- Review and validate learning outcomes, and complete course evaluation and certification.

ADAPTABLE TRAINING

This programme is a planned framework. Specific activities, sequence, exercises and timings may be adapted by the trainer or provider to each group/edition.

COURSE RECORDS

Daily summary and attendance sheets record the schedule and a short account of each day's work, validated by the trainer and signed by the participants.

Edition-specific evidence: Learning Together maintains signed daily training and attendance records. This brochure describes the course framework; additional verification can be based on the records of the particular edition.

05 / LEARNING APPROACH & METHODOLOGY

Learning Together Methodology

Learning Together courses combine guided input supported by presentations and multimedia resources with practical experimentation, creative workshops, case-based learning and hands-on tools. Participants connect the learning to their own professional situations and progressively develop an applied outcome, which may take the form of a presentation, project, session plan, action idea, reflection or another relevant output.

Peer / trainer feedback supports refinement throughout the process, while European exchange encourages participants to compare practices, perspectives and approaches across different educational contexts.

Methods applied in this programme

Positive Education & Wellbeing Reflection

Guided discussions, self-reflection and school-based examples help participants examine Positive Education principles and identify wellbeing priorities.

Emotional Skills & Positive Classroom Practice

Practical exercises, roleplay and wellbeing routines develop emotional awareness, empathy, strengths-based feedback and positive classroom relationships.

Collaborative School Wellbeing Project Design

Participants examine school wellbeing initiatives and work together to develop practical action plans adapted to their educational settings.

Collaborative learning, peer exchange and reflection

Participants work with European colleagues, compare professional contexts, exchange approaches and reflect on how the learning can be transferred to their own institutions.

> **Illustrative example: Developing a Positive Learning and Wellbeing Action Plan**
>
> Imagine a school team seeking to improve learner engagement and everyday wellbeing without adding another short-lived initiative. Participants identify one concrete need, review existing strengths, select supportive routines and communication practices, and develop an implementation plan with clear responsibilities and simple review indicators. The result is a realistic wellbeing action plan that can be adapted after the mobility.

An adaptable learning experience

Learning Together courses are delivered by trainers with relevant professional & pedagogical experience, **who are fluent English speakers**. The trainer may vary by edition, adapting the activities to the group's professional context and learning goals.

Meet our trainers and explore our approach

06 / PRACTICAL INFORMATION & SUPPORT

Everything you need for your training

Your course materials and participant work

Participants receive access to course materials, including slides, presentations, worksheets and exercises made available for the sessions, through a dedicated online folder.

Depending on the activities, groups may also develop action plans or presentations. The output varies with the programme, trainer and group.

Materials to bring: None

Course package

Includes training sessions, digital materials, practical resources, administration and course-week support, welcome kit, coffee breaks and course documentation. Cultural activities and an orientation session **depend on the edition selected** (flights, accommodation & other personal arrangements are not covered).

Check fees and inclusions for your selected course.

Documents & certification

We issue Certificate of Attendance, invoice and support agreed Erasmus+ mobility documents, including Europass Mobility records. Certificate issuance follows the attendance conditions.

Send any additional school forms to our team in advance. Explore document guidance.

Provider & quality

Learning Together operates through registered organisations in every country where services are provided, each with its own Erasmus+ Organisation ID (OID). Our programmes combine clearly defined learning outcomes, participatory methodologies and practical activities, with participant evaluation & feedback at the end of the training.

Provider OIDs: Portugal E10201112 · **Spain** E10417947 · **Poland** E10419682

FROM INTEREST TO A CONFIRMED BOOKING

01
Pre-enrol

Share your course & preferred dates. Pre-enrolment is non-binding; wait for written confirmation before making non-refundable travel bookings.

02
Confirm your place

Our team will confirm availability by email. Complete final enrolment and billing details to secure your place.

03
Plan your travel

Once your booking is confirmed, you can plan your travel. Before travelling, check materials required, timetable and activities in your selected edition.

YOUR NEXT STEP

Ready to plan your course?

Check the current dates, duration, fee and edition status on the course page, then start your pre-enrolment or contact us!

View course & editions ↗ | Pre-enrol ↗

Contact: learningtogether.eu@sinerconsult.pt | +351 229 418 490