

Mindfulness and Wellbeing for Teachers

Course summary

This five-day course is a comprehensive programme designed to equip teachers with practical strategies for enhancing their personal and professional lives. The course emphasises the application of mindfulness in key areas, including stress and conflict management, movement and exercise, communication, and teaching and classroom management. Participants are introduced to the concept of mindfulness and its benefits for physical and emotional health. They explore practical exercises and techniques that can be incorporated into daily routines to reduce stress and improve wellbeing. The course examines mindful communication and its role in building positive relationships, as well as the benefits of movement for physical and mental wellbeing. It also addresses recognising stress in students and applying mindfulness techniques to improve focus, manage challenging behaviours with compassion, and create a supportive learning environment. Each module includes reflection and journaling activities to help participants assess current practices and create personal action plans for ongoing wellbeing. Overall, this course offers a holistic approach to mindfulness that teachers can apply in both their personal and professional lives.

Date

06/04/2026 – 10/04/2026 (5 days)

Course Code

TTWB 001-26

27/07/2026 - 31/07/2026 (5 days)

TTWB 002-26

General Information

Lessons per week: 20 Presentations + 10 Workshops

Minimum age: 21+

Minimum Level: Intermediate (B1+)

Lesson duration: 45 hours per two-week course (22.5 hours per one-week course)

Course length: 1 week

Course fee: 1 week course - €400

PIC number: 948862634

OID number: E10056610

Course location: Easy School of Languages, 21, St Ursula Street, Valletta.

Contact person: Kasia Parascandalo

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Course requirements

- Participants attending this course must have a minimum English level of B1+ (Intermediate or higher)
- Participants are advised to bring comfortable clothing suitable for gentle movement activities such as yoga and for outdoor sessions, including meditation in nature.

Course outcomes

- **Understanding Mindfulness:** Gain a clear understanding of mindfulness, its benefits for physical and emotional health, and its role in stress and conflict management.
- **Effective Communication:** Learn the principles of mindful communication, boundary setting, and their impact on building positive relationships personally and professionally.
- **Physical and Mental Wellbeing:** Understand the benefits of movement and exercise for physical and mental wellbeing and learn ways to integrate them into daily routines.
- **Recognising and Supporting Stressed Students:** Identify signs of stress in students and apply mindfulness-based strategies to help them focus, regulate emotions, and learn effectively.
- **Mindful Classroom Management:** Learn about the benefits of mindfulness practices in the classroom, techniques to improve focus and attention, and strategies for creating a calm, supportive environment. Each of these outcomes is designed to equip teachers with practical strategies for enhancing their personal and professional lives through mindfulness and wellbeing.

Certification Awarded

- Certificate of attendance.
- The Europass will be signed and stamped by the Director of Studies, if presented duly completed and previously signed by the sending organization.

PROVISIONAL TIMETABLE

Monday

09:00

- Overview of the course objectives.
- Defining wellbeing: physical, mental, emotional, and professional aspects.

12:30

- Personal values mapping: what matters most to you as a teacher and person.

13:00

- Gratitude practice: intro to gratitude journaling.

14:30

- Reflection: What would improved wellbeing look like for you?

Tuesday

09:00

- What mindfulness is.
- Evidence-based benefits for teachers.
- Introduction to meditation styles.

12:30

- Short guided practices with reflection between them.

13:00

- Outdoor session in nature.

14:30

- Mindful walking.
- Guided group meditation in nature.
- Journaling and sharing reflections on the experience.

Wednesday

09:00

- Understanding stress.
- Identifying personal stress triggers.
- Stress reduction tools.

12:30

- Conflict management basics.

13:00

- Roleplay scenarios.

14:30

- Practice active listening in pairs.
- Reflection.

Thursday

09:00

- The link between movement, mood, and mental clarity.
- Benefits of regular exercise for teachers.
- Simple movement breaks you can do during teaching.
- Planning activity into a busy workday.

12:30

13:00

- Visiting a yoga instructor.

14:30

- Reflection discussion.

Friday

09:00

- Recognising stress in students.
- Strategies to help students self-regulate.
- Creating a mindful classroom culture.
- Work-life balance: the importance of boundaries.

12:30

13:00

- Personal Wellbeing Action Plan.

14:30

- Sharing plans.

*Our reduced hours policy applies in the case of 3 or less course participants.

**Lessons will be adapted and based on the enrolment form completed by the teachers before the course starts and the needs analysis carried out on the first day of the course.

*** If the level of English does not correspond to the course requirements, the participant will be asked to join a more appropriate course.