تعزيز العافية والوعي للمعلمين والمتعلمين: دورة في العافية النفسية والانفعالية

المدة: 5 يوم

اللغة: ar

كود الكورس: IND08-120

هدف الكورس

:By the end of this course, participants will be able to

- Understand the concepts of wellbeing, stress management, and mindfulness in educational .contexts

- .Recognize signs of stress and burnout in themselves and learners
- .Practice mindfulness techniques to improve focus, calm, and emotional regulation
- .Create classroom environments that promote psychological safety and positivity
- .Teach students practical strategies for managing stress and enhancing mental wellbeing
- .Build routines and habits that sustain mental and emotional health over time

الجمهور

:This course is ideal for

- .Teachers, lecturers, and school staff at all levels
- .Education leaders and administrators
- .Counsellors, mentors, and wellbeing coordinators
- .Trainers and facilitators in any learning environment
- Anyone who supports learners and wishes to foster a balanced, mindful approach to .education

منهجية التدريب

The course blends short lectures, guided mindfulness practices, group discussions, reflective exercises, and hands-on activities. Participants will practice techniques themselves and develop .plans to bring these approaches into their classrooms or teams

الملخص

Education is not just about academic achievement — it’s also about fostering emotional balance, mental health, and personal growth for both teachers and students. In today’s fast-paced, high-pressure world, wellbeing and mindfulness are vital to creating a healthy, supportive learning .environment where everyone can thrive

This course empowers educators to care for their own wellbeing, integrate mindfulness practices into their lives and teaching, and support learners in building resilience, focus, and emotional .awareness

محتوى الكورس والمخطط الزمني

Section 1: Understanding Wellbeing in Education

- What is wellbeing and why it matters for educators and learners.
- The impact of stress and mental health on teaching and learning outcomes.
- Common challenges to wellbeing in schools and learning environments.
- Activity: Reflect on your own wellbeing and identify areas of focus.

Section 2: Foundations of Mindfulness

- What is mindfulness? Myths and realities.
- The benefits of mindfulness for focus, emotional regulation, and resilience.
- Simple mindfulness practices for daily life.
- Activity: Guided mindfulness meditation and reflection.

Section 3: Mindfulness and Self-Care for Educators

- Managing stress and preventing burnout.
- Setting boundaries and maintaining work-life balance.
- Building personal self-care routines.
- Activity: Create a personal self-care and mindfulness plan.

Section 4: Supporting Learners' Wellbeing and Mindfulness

- Creating a safe, supportive, and inclusive classroom environment.
- Teaching mindfulness practices to students of different ages.
- Helping learners develop resilience, empathy, and self-awareness.

Section 5: Sustaining Wellbeing and Mindfulness Practices

- Embedding wellbeing into the culture of schools and organisations.
- Encouraging peer support and collaborative wellbeing initiatives.
- Overcoming obstacles to maintaining regular practice.
- Final activity: Develop a wellbeing and mindfulness action plan for your own context.

تفاصيل الشهادة

عند إتمام هذه الدورة التدريبية بنجاح، سيحصل المشاركون على شهادة إتمام التدريب من Holistique Training. (e-Certificate) وبالنسبة للذين يحضرون ويكملون الدورة التدريبية عبر الإنترنت، سيتم تزويدهم بشهادة إلكترونية من Holistique Training.

وخدمة اعتماد التطوير المهني (BAC) معتمدة من المجلس البريطاني للتقييم Holistique Training شهادات ISO 29993. وISO 21001 وISO 9001 كما أنها معتمدة وفق معايير (CPD)، المستمر

لهذه الدورة من خلال شهاداتنا، وستظهر هذه النقاط على شهادة إتمام (CPD) يتم منح نقاط التطوير المهني المستمر واحدة عن كل ساعة CPD يتم منح نقطة CPD، ووفقًا لمعايير خدمة اعتماد Holistique Training. التدريب من لأي دورة واحدة نقدمها حاليًا CPD حضور في الدورة. ويمكن المطالبة بحد أقصى قدره 50 نقطة.

التصنيفات

التعليم, الصحة والسلامة والبيئة, القيادة والإدارة

مقالات ذات صلة

What Are The Pillars Of Employee Well-Being in 2025?

As remote work becomes the norm, employee well-being takes centre stage. Delve into the evolving landscape of well-being, its importance in remote work, and the pillars that uphold it. Learn actionable steps to foster a thriving remote workforce, ensuring physical, mental, and emotional welfare.