

EMOTIONAL INTELLIGENCE: SCIENCE AND PRACTICES FOR TEACHER WELLBEING AND CLASSROOM MANAGEMENT

Module 1 – Foundations for Emotional Wellbeing and Initial Strategic Steps

- Welcome and Introduction

Presentation of course objectives, methodology, dynamics, and assessment criteria; initial icebreaker on expectations and group dynamics to build trust.

- How We Understand and Work With Emotion Today

Presentation on the global context of emotional recession and its impact on education, alongside recent theoretical and practical advances in affective sciences and emotional intelligence.

- Building Community – Trust as the Cornerstone of Emotional Wellbeing

The instructor leads a session using "dialogic model" and "Balint Group" methods to share experiences and challenges, practicing active listening, cognitive empathy, and group conflict resolution. This establishes a cross-curricular dynamic for subsequent modules.

- Session Wrap-Up

Group reflection on key learnings and recap of the final Emotional Wellbeing Project for the educational center.

Module 2 – Social Connection, Sense of Belonging, and Empathy (Social Identity)

- Current Foundations of Social Identity and Causes of Current Deficits

Presentation of recent theoretical frameworks, followed by group work to analyse the causes of social identity deficits in contemporary society within a safe space for sharing personal experiences.

- Practical Workshop – Enhancing Teacher Wellbeing (Evidence-Based Methods)

Establishing core foundations using social identity practices from the RULER framework ("collaborative mission"), the CARE programme for teachers ("Cultivating Awareness and Resilience in Education"), prosocial mindfulness, and interpersonal emotion regulation strategies.

- Practical Workshop – Classroom Management Strategies for Emotional Intelligence

Practical application of student collaboration models, co-creation of spaces, social skills development, and belonging interventions. Session Wrap-Up

- Recap, group reflection, and application towards the final Emotional Wellbeing Project for the educational center.

Module 3 – Emotion Regulation, Stress Navigation, and Recovery

- Current Foundations of Emotion Regulation and Causes of Current Deficits

Presentation of modern theoretical frameworks, followed by group work to analyse the causes of regulatory deficits in contemporary society within a safe space for open dialogue.

- Practical Workshop - Enhancing Teacher Wellbeing (Evidence-Based Methods)

Establishing foundations using emotion regulation practices from contemporary psychological therapies (such as mindfulness or Acceptance and Commitment Therapy), deep acting frameworks, and situation modification models.

- Practical Workshop - Classroom Management Strategies for Emotional Intelligence

Practical work with cognitive reappraisal models, emotional identification, attributional training, and self-control techniques. Session Wrap-Up

- Recap, group reflection, and application towards the final Emotional Wellbeing Project for the educational center.

Module 4 - Future-Oriented Optimism and Constructive Perspective

- Current Foundations of Future-Oriented Optimism and Constructive Perspective

Presentation of theoretical frameworks explaining this EI domain, followed by group work to examine the causes of optimism deficits in modern society.

- Practical Workshop - Enhancing Teacher Wellbeing (Evidence-Based Methods)

Building foundations for optimism and constructive perspective using mental contrasting, growth mindset training, positive restructuring, and values affirmation exercises.

- Practical Workshop - Classroom Management Strategies for Emotional Intelligence

Working with failure-reframing models, process reinforcement, positive psychology interventions, and self-efficacy strategies.

- Session Wrap-Up

Recap, group reflection, and application towards the final Emotional Wellbeing Project for the educational center.

Module 5 - Intrinsic Motivation and Pursuit of Meaningful Goals

- Current Foundations of Intrinsic Motivation and Meaningful Goal Pursuit

Presentation of key frameworks on intrinsic motivation, followed by group analysis of modern motivational deficits in educational contexts.

- Practical Workshop - Enhancing Teacher Wellbeing (Evidence-Based Methods)

Establishing foundations for intrinsic motivation and goal pursuit through psychological empowerment techniques, values clarification with committed action, virtuous circle models, and transformational leadership.

- Practical Workshop - Classroom Management Strategies for Emotional Intelligence

Implementing autonomy-support models, attainable moral role models, emotions-as-information frameworks, and individual goal setting.

- Session Wrap-Up

Recap, group reflection, and application towards the final Emotional Wellbeing Project for the educational center.

Module 6 – Empathetic Presence and Attentional Capacity in the Digital Era

- Current Foundations of Empathetic Presence and Attention Span in the Digital Era

Presentation of current frameworks on digital attentional demands and empathetic presence, followed by group analysis of modern digital distraction dynamics.

- Practical Workshop – Enhancing Teacher Wellbeing (Evidence-Based Methods)

Developing empathetic presence and focus in the digital age through digital self-regulation, social awareness habits, temporal reframing/relativisation, proactive vs reactive management, and attentional control training.

- Practical Workshop – Classroom Management Strategies for Emotional Intelligence

Applying models for humanising virtual interactions, mitigating online disinhibition, drafting digital coexistence contracts, and managing environmental distractors.

- Feedback and Course Wrap-Up

Final refinements and presentation of the Emotional Wellbeing Project, including peer testing to identify strengths and areas for improvement



Nicolás Parra Rojas.

Coordinador de formación Erasmus +.

EVOLEARN360.

C/ Dr. Jesús Marín López, 30500 Molina de Segura, Murcia.