



WHO IS THIS COURSE FOR

Aimed at teachers and educators across all stages seeking to boost wellbeing, conflict resolution, and quality of life via affective science

"The path towards emotional balance in students begins with balance in adults"

Focused on 6 key areas of
emotional intelligence

Social Connection,
Belonging & Empathy

Classroom Disruption
Management

Classroom Belonging
Strategies

Optimism & Growth
Perspective

Emotion Regulation &
Stress Relief

Intrinsic Motivation & Digital
Focus

Educators investigate classroom challenges co-operatively while the trainer scaffolds learning, culminating in an actionable, center-tailored Emotional Wellbeing Project

METHODOLOGICAL APPROACH

Active Co-Design Approach

ACADEMIC PROGRAMME - 6 WORKSHOPS

30 hours

Social Belonging and Empathy

1 Utilises dialogic models, Balint Groups, and RULER practices for active listening, empathy, and social identity

Classroom Belonging Strategies

2 Applies student collaboration models, space co-creation, and targeted social belonging interventions

Emotion Regulation & Stress Relief

3 Implements ACT frameworks, prosocial mindfulness, situation modification, and deep acting techniques

Classroom Disruption Management

4 Deploys cognitive reappraisal models, Meta-Moments, attributional training, and real-time self-control methods

Optimism & Growth Perspective

5 Uses mental contrasting, positive restructuring, growth mindset tools, self-efficacy, and failure reframing.

Intrinsic Motivation & Digital Focus

6 Applies psychological empowerment, autonomy support models, digital coexistence contracts, and attentional control



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