



COURSE DESCRIPTION

Empowering Educators through Mindfulness and Well-Being

Mindfulness-Based Stress Reduction (MBSR) has been tested with teachers in a randomised trial: their perceived stress dropped, and was still lower three months later. This five-day week teaches practices drawn from it and sends you home with a plan to keep going.

DURATION 5 days · 25 hours	LANGUAGE English (B1+)	GROUP SIZE Max 20 participants
DAILY SCHEDULE 09:30–15:00 Monday to Friday, with a break for lunch	AUDIENCE All school levels No specific prerequisites — open to all teachers and school staff.	CERTIFICATE Attendance + Europass Mobility
COURSE CENTRES Antalya · İstanbul · İzmir · Mersin · Budapest · Bremen · Rome Dates and cities of the scheduled sessions are listed on the course page.		

01 Overview

Teacher burnout gets talked about constantly and treated seriously rarely — a wellbeing day here, a poster in the staffroom there. Mindfulness-Based Stress Reduction (MBSR), the eight-week programme Jon Kabat-Zinn developed in 1979, is an approach to teacher stress that has been tested in a randomised trial with teachers, not just recommended.

A 2024 randomised controlled trial with Dutch elementary school teachers found that an eight-week MBSR course lowered their perceived stress compared with a waitlist group — a large effect straight after the programme that was still moderate three months later, alongside improvements in emotion regulation and self-compassion. That is real, measurable change, though not a fix for the structural causes of burnout.

This week is five days, not eight weeks, so it is not that programme. It teaches practices drawn from MBSR and gives you a plan to keep practising at home:

- Monday — breathing and mindful sitting, and what stress does in a teaching day.
- Tuesday — a short body scan, and how mindfulness shows up in your relationships with students; you begin a two-minute practice for your own class.
- Wednesday — mindful movement and everyday routines, and your own personal practice plan.
- Thursday — a short pause for hard classroom moments; you try your student practice on colleagues for ten minutes.
- Friday — you finish a practice plan for the eight weeks after the course, and choose one practice for your classroom.

Every practice is an invitation: you can sit out any exercise or skip any sharing. This is professional development, not therapy.

02 Course description

Each day has one practice drawn from MBSR, read aloud by the trainer, followed by an optional moment of sharing: breathing and mindful sitting on Monday, a short body scan on Tuesday, mindful movement and one everyday routine on Wednesday, and a short pause for a hard moment on Thursday. Friday turns them into two plans: a personal practice plan for the eight weeks after the course, and one practice you will try with your own class.

The classroom side builds up over the week. On Tuesday you begin designing a two-minute practice for your students, for example breathing, listening to a chime or a short pause. On Thursday you try it for ten minutes on colleagues and get feedback. Each practice is described in plain words and is optional for students as well, so a student who does not want to take part has an easy way out.

Nothing needs to be bought. A plain timer, a chime or bell sound and short scripts the trainer reads aloud are enough; apps are only mentioned as an option, and every practice works without them. Practices are drawn from MBSR and the week does not claim to be the eight-week programme itself. Sharing is never about diagnosis or personal history.

The course is about a teacher's own stress and a few practices for the classroom. Building strengths such as resilience and positive relationships is covered in *Soft Skills for Strong Teachers*, and whole-school approaches to wellbeing in *For Teachers: New Strategies for a Positive and Happy School*. Practising is more useful than reading about it, so most of each day is practice.

03 Learning outcomes

- 01 Practise breathing, a short body scan, mindful movement and a pause for hard moments, and know which suits you.
- 02 Use mindfulness-based practices in the classroom to strengthen student relationships, with an easy way out for every student.
- 03 Leave with a plan for the eight weeks after the course to keep a short daily practice going.
- 04 Pause before responding in a hard classroom moment, so that you make more conscious, balanced decisions.

04 Methodology

Practice Over Theory	Theoretical lessons are kept brief — most of the time is spent on mindfulness workshops, meditation, breathing exercises and stress-management practice.
Personal & Group Practice	Hands-on mindfulness exercises combine with group work and peer feedback to build your own mindfulness skills.
Simple Tools	A plain timer, a chime and short scripts read aloud are all that is used; apps are discussed only as an option, and every practice works without them.

05 Daily programme

Day 1

Foundations of Mindfulness and Well-Being

- **Icebreaker:** "Silent Mind" — 1 minute of silent mental awareness, then optional sharing
- Jon Kabat-Zinn's 1979 Mindfulness-Based Stress Reduction (MBSR) programme: its core practices, and what a five-day week can and cannot be next to an eight-week course
- Causes and impact of stress in the teaching profession

- **Practice:** breathing and mindful sitting

Day 2

Mindfulness-Based Teaching

- **Warm-up:** "Mindfulness Circle" — brief group meditation and optional sharing
- **Practice:** a short body scan
- Emotional awareness in teacher-student relationships
- Mindfulness strategies to increase student focus in the classroom
- **Group work:** begin designing a two-minute mindfulness practice to try in your own classroom

Day 3

Personal Well-Being for Teachers

- **Warm-up:** "Sensory Awareness" exercise
- **Practice:** mindful movement and one everyday routine done with full attention
- **Emotional intelligence and mindfulness:** noticing an emotion before acting on it
- Daily routines (meditation, breathing, healthy habits) that enhance well-being
- Beginning your personal practice plan

Day 4

Mindfulness in Classroom Management

- **Practice:** a short pause for a hard classroom moment (stop, breathe, notice, choose)
- Mindful classroom-management strategies for a calmer learning environment
- **Simple tools for short classroom practices:** a timer, a chime, a script read aloud
- Ten-minute trial of your classroom practice on colleagues, with feedback: one thing that worked, one thing to try

Day 5

Your Practice Plan and Closing

- **Practice:** a longer sitting to finish the week
- **Your eight-week practice plan:** what, when, and what might get in the way
- One classroom practice for your first week back, and what you can do alone, with a colleague or must ask your school for
- General assessment and feedback on the course
- Certification ceremony

PLEASE NOTE

Sessions run from 09:30 to 15:00, Monday to Friday, with a break for lunch. Timings can shift a little to suit the venue and the group.

Course activities and content may vary depending on participants' needs and the trainer leading the session; any changes are at the trainer's discretion. If there is a specific topic you would like included, please let us know — content-related requests must reach us at least 3 weeks before the course start date so we can confirm them in time.

06 Materials

- The study behind the week: Lensen et al. (2024), a randomised controlled trial of MBSR with Dutch elementary teachers, *Frontiers in Education*, DOI 10.3389/feduc.2024.1385375: perceived stress fell with a large effect (Cohen's $d = 0.84$) that remained moderate three months later ($d = 0.69$).
- Worked on during the week: short practice scripts read aloud by the trainer, a classroom practice design sheet with a peer-feedback form, and an eight-week practice plan to take home. No app, account or purchase is needed.

07 How to prepare

- Nothing is needed in advance. Wear comfortable clothes; every practice can be done sitting on a chair, and you can sit out any exercise.

08 After the course

- Participants will receive their Certificate of Attendance and the co-signed Europass Mobility document.
- Participants will complete a general course evaluation and event survey.
- Participants will receive course materials, videos, photos, and PDF documents in both digital and print formats.
- Follow-up support: self-evaluation materials are provided. Depending on the group, an email group may be set up so that participants can keep exchanging ideas.

09 Why this is Erasmus+ eligible

Among the objectives of Key Action 1 mobility in school education, the Erasmus+ Programme Guide lists “supporting professional development of teachers, school leaders and other school staff” (Erasmus+ Programme Guide 2026, Part B – Key Action 1, Mobility for pupils and staff in school education, Objectives of the action, p. 103). The Guide's school-education priorities for cooperation partnerships under Key Action 2 name teachers' wellbeing explicitly: “Promoting wellbeing at school” covers “promotion of well-being (both in terms of mental and physical health) for learners and teachers”, and “Supporting teachers, school leaders and other teaching professions” includes “making teaching careers more attractive and diverse, including via support to their wellbeing” (Part B – Key Action 2, Partnerships for cooperation, Sector specific priorities, school education, p. 230). This week addresses a teacher's own stress with practices drawn from Mindfulness-Based Stress Reduction — breathing, a short body scan, mindful movement and a pause for hard classroom moments — and ends with two concrete plans: a personal practice plan for the eight weeks after the course, and one short, optional practice to try with the participant's own class. It is professional development, not therapy, and it does not replace the eight-week MBSR programme.

10 What the course fee covers

INCLUDED IN THE COURSE FEE

- 25 hours of training and course materials
- Certificate of Attendance + Europass support
- On-site local support throughout the week

ARRANGED SEPARATELY BY THE PARTICIPANT

- Travel to the host city — invitation letter on request
- Accommodation — we share recommended options
- Travel & health insurance

ISSUED BY

Erasmus Mobility Academy

OID E10304561

Cumhuriyet Mah. 1637 Sk. Yaşar Şahin Apt. No:3/2
Yenişehir/MERSİN

info@erasmusmobilityacademy.com

+90 530 319 40 65

COURSE PAGE

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ABOUT ERASMUS MOBILITY ACADEMY

Erasmus Mobility Academy (OID: E10304561) is an Erasmus+ training provider offering professional development courses for educators, school staff and youth workers across Europe. Our courses are designed for international mobility — open to participants travelling from a country other than the host country — and support schools in building lasting institutional capacity. We provide structured learning, logistical guidance and certification with Europass.