



DAILY PROGRAMME

Soft Skills for Strong Teachers

DURATION 5 days · 25 hours	DAILY SCHEDULE 09:30-15:00 Monday to Friday, with a break for lunch	LANGUAGE English (B1+)
COURSE CENTRES Antalya · İstanbul · İzmir · Mersin · Budapest · Bremen · Rome Dates and cities of the scheduled sessions are listed on the course page.		GROUP SIZE Max 20 participants

Week at a glance

DAY 1 Welcome, PERMA and Your Teaching Week	DAY 2 Relationships: Communication Skills	DAY 3 Engagement and Accomplishment: Motivating Students	DAY 4 Hard Moments and Why You Teach	DAY 5 Your PERMA Plan and Closing
---	---	--	--	---

Day by day

Day 1

Welcome, PERMA and Your Teaching Week

- **Icebreaker:** in pairs, share a sentence someone said to you this year that changed your day
- Introduction to the course and participants
- Martin Seligman's PERMA model — Positive Emotion, Engagement, Relationships, Meaning, Accomplishment — used this week as a lens
- **Your private PERMA snapshot:** how the five components show up in a typical week of yours
- Presentation of the schools of the participants

Day 2

Relationships: Communication Skills

- **Warm-up:** your partner tells you something for one minute; you retell it without adding your own interpretation
- Importance of effective verbal and non-verbal communication — PERMA's Relationships component in practice
- Techniques for active listening
- Providing constructive feedback to students
- Interactive exercises and role-plays to practise communication skills

Day 3

Engagement and Accomplishment: Motivating Students

- Motivating and guiding students — PERMA's Engagement and Accomplishment components in practice
- Setting small goals together with a student
- **Three invented student profiles:** rewriting the same feedback for each
- Creating a positive classroom environment and promoting student participation
- **Leading a class discussion:** who speaks, how you invite quieter students, and how you close it

Day 4

Hard Moments and Why You Teach

- Strategies for effective classroom management and handling challenging situations
- Rehearsing de-escalation steps on trainer-prepared scenarios, noticing your own reaction before you respond
- Simulations and role-playing exercises for managing difficult scenarios
- **Meaning:** why you became a teacher, shared in pairs, and experiences shared with educators from different cultural backgrounds

Day 5

Your PERMA Plan and Closing

- **Writing your personal plan:** one small action for each of the five components, starting from one thing that went well this week (Positive Emotion)
- **Sharing your plan with colleagues in small groups:** one thing clear and doable, one thing to try
- What you can do alone, with a colleague, or must ask your school for
- **Course evaluation:** discussing and assessing acquired competencies, feedback on content and delivery
- Sharing resources and materials; exchanging contact information for future collaboration
- Issuing Certificates of Attendance

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.

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

erasmusmobilityacademy.com/courses/soft-skills-for-strong-teachers