



ERASMUS+ TEACHER TRAINING COURSE

Mindfulness & Leadership for Educators

Empowering educators through wellbeing, leadership and practical classroom strategies.

4 DAYS

IN ENGLISH

MÁLAGA, SPAIN

Programme Overview

This programme supports educators in strengthening their wellbeing, leadership and professional impact. Through mindfulness, personal development, communication and practical strategies, participants will explore new ways to manage their energy, enhance their teaching practice and create meaningful change in their educational communities.

Indicative Schedule

DAY	TITLE
DAY 1	Wellbeing, Yoga & Mindfulness (Part I)
DAY 2	Wellbeing, Yoga & Mindfulness (Part II)
DAY 3	Personal Leadership: Grow Your Impact from Within
DAY 4	Present to Persuade: Communicate with Clarity and Impact

Learning Outcomes

- Apply mindfulness and wellbeing tools in daily life.
- Improve intercultural awareness and communication skills.
- Create activities that promote collaboration and cultural curiosity.
- Communicate ideas effectively in educational contexts.
- Develop personal leadership skills and identify strengths.
- Set professional goals and apply new strategies in their schools.

WHERE LEARNING MEETS THE MEDITERRANEAN.

Why Málaga?

Málaga is one of Europe's most attractive destinations for international mobility, offering the perfect balance of culture, innovation and Mediterranean lifestyle. With over 300 days of sunshine each year, a rich historical heritage, excellent transport connections and a welcoming international community, it provides an inspiring environment for both personal and professional growth.

Beyond the classroom, participants can immerse themselves in authentic Spanish culture, enjoy world-class cuisine, explore stunning beaches and natural landscapes, and build meaningful connections with people from across Europe. Málaga is more than a destination—it is a place where learning continues through every experience.



Get in touch

Take the next step on your learning journey.

✉ info@europeanera.eu

🌐 europeanera.eu

☎ +34 617 916 957

📍 Málaga, Spain