










RESILIENCE IN THE CLASSROOM

**Empowering Educators, Strengthening Learners:
Tools and Strategies for Well-being in the school cosmos**

27.09. – 02.10.2026

with trainer Christine Weltzien

Seminar details:

	Six seminar days, 30 seminar hours
	Seminar fee 580 EUR (cultural excursions included)
	Four-star Água Hotels Riverside in Parchal/Ferragudo Algarve Portugal 128 EUR per night incl. full board, conference room, coffee breaks
	Minimum four participants, maximum 20 participants
	Certificate of attendance
	Algarve/Portugal - Parchal/Ferragudo
	Erasmus quality standard compliant

About europeanseminars:

"EMPOWERING TEACHERS - TRANSFORMING EDUCATION" this is our mission.

We at europeanseminars train school staff as part of Erasmus-funded seminars. With the vision that participants will return to their institutions and will be able to form creative and future-oriented learners with an open mind for Europe.

Whether you want to expand your skills in the field of digital media, develop personally or get to know practical tools that will help you to make your everyday school life easier - our seminars are always based on current school-related topics, which are taught by a competent team of trainers with practical experience.

You will receive individual support in small international groups and can put what you have learned into practice on site through practical exercises, network interculturally and develop and advance your own personal projects during the seminar.

Become part of the **europeanseminars experience!**

europeanseminars

SURPRESIMPULSIVA LDA | Sítio do Lobito | 8300-054 Silves | Portugal | NIF: 518869881

OID: E10188255



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Resilience, often likened to the **soul's immune system**, serves as the secret ingredient enabling individuals to bounce back, evolve, and thrive amidst life's unpredictable storms.

Some people grow through what they go through while others may struggle. Life constantly throws us challenges and adversity is part of it. Our ability to adapt and overcome these adversities is what resilience is about. How we face the challenges and bounce back (growth) is what matters? Some people are naturally resilient while for others, they can learn skills and strategies to better weather any storm.

For educators, delving into the realm of **resilience unveils a treasure trove of insights and strategies**. Imagine a seminar as an adventure into this world – a journey offering teachers not just a shield for their own resilience, but a map to cultivate this vital trait in their students.

By embracing this 'immune system' analogy, educators unlock the power to create an environment nurturing students to manage stress, forge emotional fortitude, and skillfully navigate the rollercoaster of challenges.

Resilience is an **elementary competency** that can help teachers and students in their everyday school life in many ways:

1. **Adaptability:** Resilience equips them with the ability to adapt to challenges, changes, and setbacks they encounter in academics and life.
2. **Emotional Well-being:** It promotes emotional health, managing stress, anxiety, and how to work with difficult emotions skillfully.
3. **Problem-Solving Skills:** develop strong problem-solving skills and explore how to approach difficulties with a positive mindset.
4. **Persistence and Determination:** It fosters a sense of persistence, determination known as grit while encouraging them to work towards their goals despite obstacles.
5. **Improved Learning:** Resilience positively impacts learning outcomes, as students embrace new experiences with a renewed sense of agency.
6. **Life Skills:** Building resilience in the school cosmos cultivates essential life skills such as perseverance, self-confidence, and the ability to bounce back from setbacks, preparing students for future challenges.



Join our seminar and discover the power of Resilience

This seminar aims to **empower schools with practical strategies and experiential learning** to navigate and thrive in the face of adversity. We will also explore practices to **enhance our overall well-being** so that we can flourish in life, **manage our stress, adapt to life's challenges** and **foster a healthy work life balance**.

Through engaging discussions, practices, skills based learning and conceptual understanding participants will learn to develop their inner strengths and cultivate self-care practices that support their well-being as they embark on a journey towards greater resilience and living a more fulfilling life.

Participants will explore science backed strategies and techniques such as building inner strengths like **awareness** and **compassion**, **mindful communication**, **managing emotional regulation**, **optimism**, fostering **positive coping mechanisms**, **positive mindset** and **connection** with body-based practices like movement and laughter.

They will also learn tools and practices based on **social emotional learning (SEL)** to enhance and support the wellbeing of their students and foster a more resilient classroom.

Become part of the europeanseminars experience

europeanseminars offers participants an amazing opportunity to network and build intercultural connections. We support the **diverse needs** of participants making this seminar accessible for all. We encourage not only teachers to join our seminars but even office staff as the goal is to transform education on a whole school-based approach.

The **Algarve**, our picturesque workshop location, is ideal for personal and professional development while enjoying the amenities of the region.

As part of our concept, seminar participants are accommodated together in a four-star hotel and can also exchange ideas outside the official program during meals and coffee breaks. Your physical well-being is taken care of with full catering with delicacies that are always of a local character. We also invite you to dine outside the hotel in an exclusive and typical way - a unique culinary experience.

We are deeply rooted in the Algarve and enable you to immerse yourself in the culture of Portugal by showing you our very personal treasures of the region on two cultural excursions, taking you to our favorite places and bringing you into contact with the country and its people - intercultural understanding with a personal touch and lots of fun.

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Program 26.09. – 03.10.2026

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Saturday Individual Arrival & Welcome Evening

- 19:00 Reception at the restaurant terrace (weather dependent)
- 19:30 Common dinner at the hotel

Sunday

- 09:15 Welcome in the conference room and start of the day
- 09:30 Introduction of the participants
Erasmus basics
- 10:30 Networking & coffee break
- 10:45 **Setting Guidelines and Intentions**
S1 Introduction to Raising Resilience and Engaging Our Mind and Body
- 13:00 Lunch
- 14:00 Intercultural networking / cultural excursion
(details please see Welcome reader)
- 19:00 Welcome to Portugal: Common dinner at the hotel

Monday

- 09:15 Start of the day
- 09:30 **S2 Building Awareness and Compassion**
- 10:30 Networking & coffee break



- 10:45 S3 Activating Positive Experiences
- 13:00 Lunch
- 14:00 Resilient Body (students)
- 15:30 Evaluation of the day
- 19:00 Dinner
- 20:00 Regional evening (presentations by participants)

Tuesday

- 09:15 Start of the day
- 09:30 S4 Regulating our emotions
- 10:30 Networking & coffee break
- 10:45 Social Emotional Learning
- 13:00 Lunch
- 14:00 S5 Positive Coping Strategies
- 15:15 Networking & coffee break
- 15:30 Boat trip (depending on weather and tides)
- 16:50 Evaluation of the day
- 17:00 Optional: Individual consultation (with appointment)
- 19:00 Dinner

Wednesday

- 09:15 Start of the day
- 09:30 Resilient Heart (students)
- 10:30 Networking & coffee break



- 10:45 S6 Working with Optimism and positive self-talk
- 13:00 Lunch
- 14:00 S7 Growth Mindset
- 15:15 Networking & coffee break
- 15:30 S8 Social connections and awareness
- 16:50 Evaluation of the day
- 17:00 Optional: Individual consultation (with appointment)
- 19:00 Dinner

Thursday

- 09:15 Start of the day
- 09:30 S9 Meaning and Purpose
- 10:30 Networking & coffee break
- 10:45 Nature based resilience
- 13:00 Lunch
- 14:00 Intercultural networking / cultural excursion
(details please see Welcome reader)
- 19:00 Dinner

Friday

- 09:15 Start of the day
- 09:30 S10 Setting Intentions: What do I value?
- 10:30 Networking & coffee break
- 10:45 Bringing it all together: creating a resilient school community



- 11:30 Evaluation of the seminar / feedback of participants
- 13:00 Lunch
- 18:30 Awarding of the certificates
- 19:15 Departure for dinner
- 19:30 Final evening (dinner out)

Saturday Individual departure

This program is subject to change