










SOCIAL AND EMOTIONAL LEARNING FOR EDUCATORS: Empowering Students to Thrive in School and Life

22.11. – 27.11.2026

with trainer Moira Allen

Seminar details:

	Six seminar days, min. 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 35 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.

[Pictures say more than a thousand words](#) – find out more in our [image video](#).

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Social and Emotional Learning (**SEL**), is a process through which students develop and apply the knowledge, attitudes, and **skills necessary to understand and navigate their emotions, set and achieve positive goals**, understand and show **empathy** for others, establish and maintain positive respectful **relationships**, and make **responsible decisions**.

At the **centre of SEL** there are **5 core competencies**: Self-Awareness, Self-Management, Social Awareness, Relationship Skills and Responsible Decision Making which are broad interrelated areas that support learning and development. Participants will learn **strategies** on how to empower their students to learn to **manage emotions** and **deal with stress/anxiety** while at the same time as improving their academic performance. Educators will learn how to model and integrate SEL practices into their classrooms, develop school and community partnerships and make meaningful connections.

This workshop is designed to give participants the knowledge and skills to be able to **integrate SEL throughout the school's academic curricula** and culture, across schoolwide practices and policies, and through ongoing collaboration with families and the wider educational community in order to ensure that every student has the space, the skills and the support they need, to learn, grow and thrive. SEL can be a powerful lever to help make this happen.

BENEFITS OF SEL IN EDUCATION:

Integrating social and emotional learning in education provides for a more **holistic approach** to learning and development. It gives our students the space to explore who they are as people, to look at their identity and that of those around them and to celebrate one another's differences, fostering cultural awareness, mutual understanding and social cohesion.

The course will cover the following aspects:

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SEL Principles and Background

We will explore the core competencies of SEL and how these interrelated areas support learning and development and we will look at how as educators we can help students develop the more holistic skills they need for life.

Strategies and Techniques in SEL

Participants will be equipped with strategies on how to empower their students to learn to manage emotions and deal with stress/anxiety while at the same as improving their academic performance

Strengthen Relationships

We will explore how SEL can bring families, schools and communities together to make sure every child has caring relationships and what they need to learn, grow and thrive in a more harmonious learning environment.

Conflict Resolution and Communication

We will learn how to give students the skills to master effective communication and engage in effective conflict resolution fostering a positive classroom environment

Understanding Stress

Combining an understanding and knowledge of stress management with the skills to develop and enhance processes for integrating emotional intelligence into everyday situations and settings while fostering the ability to make responsible decisions.

Self-Care and Self-Management

Participants will learn how to cultivate greater self-awareness and self-esteem in themselves and their students while at the same time as learning self-management skills.

Inclusion and Connection in the classroom

We will learn about how inclusion and stronger connections can be achieved between peers and between teachers and students through building trust and understanding and empathy.

Empowering Students

Offer practical examples on how to give students the space to explore who they are as people and to equip them with skills to create that space for others too.

How you will expand your knowledge:



As educators this workshop will provide you with an in-depth knowledge of the SEL framework and its applications in an educational setting. An understanding of how to adapt and model this framework while being mindful of the diversity of learners in order to establish equitable and inclusive learning environments.

As well as learning about SEL participants will have the opportunity to refresh their English language ability. By connecting with fellow educators from all over Europe, participants will benefit from sharing experiences and expertise.

The strategies and insights gained here will inspire you to continue growing as educators and create enriching learning experiences for your students and the mobility offers valuable networking opportunities for future collaboration.

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21.11. – 28.11.2026

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Saturday Individual arrival & welcome evening

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

Sunday

- 09:15 Welcome in the conference room and start of the day
- 09:30 Introduction of the participants
Presentation of the Erasmus+ program
- 10:30 Networking & coffee break
- 10:45 Overview of the week. Warm-up and group building exercises
Discussion and evaluation of expectations, experiences and motivations.
Introduction to SEL and its place in education
- 13:00 Lunch
- 14:00 Intercultural networking / cultural excursion
(details please see Welcome reader)
- 19:00 Dinner

Monday

- 09:15 Start of the day
- 09:25 Overview of the 5 core competencies of SEL



-Self Awareness Core Competency #1 and strategies to develop this in educators and students

- Robert Pluchik's Emotions Wheel

10:30 Networking & coffee break

10:45 Self-Management core competency # 2 and strategies such as the Pomodoro Technique to develop this

13:00 Lunch

14:00 - What is stress and does it need to be managed?

- Collaborative task on Self-Awareness / Self-Management / Stress-Management

19:00 Dinner

20:00 Regional evening (presentations by participants)

Tuesday

09:15 Start of the day

09:25 Social Awareness - Core Competency #3

- Techniques to establish equitable and inclusive learning environments

- The 6 dimensions of culture (Gert Hofstede)

10:30 Networking & coffee break

10:45 Relationship Building Core Competency #4

Strategies to develop communication skills and empathy

13:00 Lunch

14:00 Building Trust - role play activities and discussion

15:15 Networking, coffee break & individual consulting (optional)



15:30 Boat trip (optional)

19:00 Dinner

Wednesday

09:15 Start of the day

09:25 Responsible Decision-Making core competency # 5

10:30 Networking & coffee break

10:45 Practical examples to empower students to explore who they are
and how they learn

13:00 Lunch

14:00 Role play scenarios - teacher/parent teacher/student

15:15 Networking & coffee break

15:30 Feedback and reflection

19:00 Dinner

Thursday

09:15 Start of the day

09:25 Overview of SEL - SEL and Europe
SEL and the wider educational community

10:30 Networking & coffee break

10:45 - Incorporating the SEL framework into the classroom
- Preparation of Group Task

13:00 Lunch



14:00 Intercultural networking / cultural excursion
(details please see Welcome reader)

19:00 Dinner

Friday

09:15 Start of the day

09:25 Finalization of Group work

10:30 Networking & coffee break

10:45 Mini Presentations of collaborative group work and peer review

11:30 Evaluation of the seminar / feedback from participants

13:00 Lunch

18:30 Awarding of the certificates in the conference room

19:15 Departure for dinner

19:30 Final evening (dinner out)

Saturday Individual departure

Legend: Content
Excursion

The program is subject to change.