

Stress and Conflict Management: the way to resilience and satisfaction

Organisation Name: Erasmus Learning Academy (ELA)

- **Role in the Programme:** Hosting organisation and course provider
- **Background and Expertise:** ELA is a training centre that strongly supports and believes in the innovation, modernisation, and internationalisation of education. Our mission is to foster excellence and quality improvements in education and training. We design and deliver training courses and structured training events for teachers, trainers, headmasters, and other education staff, supporting them in participating in learning mobility experiences to enhance their competences and the quality of education.
- **Support and Resources Provided:** Our standard option costs includes course fee, accommodation in single room, tourist tax, 2 coffee breaks per day, all the meals from Sunday lunch to Saturday lunch, 2 walking tours, support for additional cultural activities, support for dissemination of your Erasmus+ project, support for the recognition and validation of the learning outcomes, certification fee and additional mentoring and support upon request. We provide participants with comprehensive access to all slides and supporting materials used during the course, ensuring you can fully grasp the content, share valuable insights with your colleagues, and replicate the activities and exercises back at your own institution. To capture the essence of your learning experience, we share a selection of photos taken during the course. Additionally, we produce a **video** highlighting the key moments, which will be shared with you and can be used for dissemination. We generally write and publish an article about each course on our [blog](#), showcasing the insights gained and the collaborative spirit of the participants.

Training Course Summary

- **Structure and Duration:** 7-day programme (Day 1: welcome and networking, Days 2–6: training sessions, Day 7: wrap-up and follow-up)
- **Key Topics and Skills:**
 - Identifying causes, effects, and personal responses to stress
 - Developing self-awareness and emotional intelligence
 - Building resilience and resistance to stress
 - Conflict resolution techniques in educational settings
 - Supporting students in managing anxiety and conflict
 - Visualization, breathing, and mindfulness techniques
 - Best practice exchange among European peers

- **Methodology and Approach:**
 - Experiential and participatory methods (learning-by-doing, group work, simulations, peer learning)
 - Reflective learning: self-assessment, emotional exploration, and personal insight
 - Daily wrap-up and flexible adaptation to participants' needs
 - Intercultural and international environment fostering cooperation and exchange

Training Course Learning Outcomes

By the end of the course, participants will:

- Understand the dynamics and consequences of stress in educational contexts
- Learn and apply stress management techniques in daily teaching practice
- Improve conflict resolution strategies in school scenarios
- Support student well-being through coaching and stress-reducing techniques
- Build personal resilience and inner strength
- Develop professional relationships with educators across Europe
- Reflect on and share personal and institutional strategies

Participants' Requirements

- **Target Group:** Teachers, trainers, educational counsellors, school psychologists, headmasters, school staff from all education levels and types of institutions
- **Prerequisites:** none
- **Technical Specifications/Equipment Needed:** smartphone/laptop
- **Recommended Background Knowledge or Experience:** none

Validation

- **Assessment Criteria and Methods:** Informal group discussion and participant reflection; summary of the week's activities
- **Recognition of Learning Achievements:**
 - Certificate of Participation
 - Europass Mobility Document
 - Declaration of Attendance
- **Feedback and Evaluation Opportunities:** Daily debriefings and final course evaluation session