



Social and Emotional Learning (SEL) for Successful Schools

by Susan Gagliano

Course details

- 🕒 One-Week course
- 💶 From 480€ to 580€* (cultural activities included)
- 📄 Certificate of attendance included (80% of attendance required)
- 📍 Available in Barcelona, Budapest, Dublin, Florence, Ghent, Madeira

* a 60 € late registration fee will be applied if you register less than 8 weeks before the course start date. All prices are VAT included or not due.

Course description

Today's educators know that the key to optimal learning lies in creating a school community that supports, teaches, and models **Emotional and Social Intelligence**.

Our students face a world of complex relationships that require them to **identify and manage their emotions**, interact constructively with others, understand healthy boundaries, and take responsibility. These "intelligences", as described by Daniel Goleman, can be incorporated into our teaching practices through Social and Emotional Learning (SEL) methods and strategies.

Through the framework of the Collaborative for Academic, Social, and Emotional Learning (CASEL), course participants will gain a **deeper understanding of the impact of SEL** and the steps to implement it.

Through practical and experiential activities, course members will deepen their own self-awareness, empathy, and social skills, which will enrich their own Social and Emotional Intelligence. Concrete tools and strategies for conflict management, stress reduction, and



resilience will empower the group to not only do SEL activities but also to be SEL educators.

Each participant will develop their own course of action for promoting SEL in their school, through reflection, experience, sharing, and creating the path that best fits their unique school community, in a highly interactive, **engaging learning experience**.

Learning outcomes

The course will help the participants to:

- Understand and implement aspects of the CASEL integrated framework;
- Gain greater emotional and social literacy;
- Experience an SEL environment first-hand;
- Increase self-awareness, empathy, resilience, and assertiveness;
- Implement strategies for effective communication, Mindfulness, and collaboration in a tailor-made program to bring home;
- Immerse themselves in an environment of empowerment that will enable participants to continue generating a culture of SEL in their own schools.

Tentative schedule

Day 1 - Course introduction

- Introduction to the course, the school, and the external week activities;
- Icebreaker activities;
- SEL activities to create our group;
- Establishing the foundations for a school community that embraces SEL.

Day 2 - Emotional intelligence and communication

- The CASEL framework for implementing SEL;
- The science of emotions and emotional intelligence;
- Self-awareness tools and strategies - practical activities;



- Effective communication: changing our tune.

Day 3 - Social intelligence and collaboration

- Collaboration and relationship skills;
- Group SEL activities;
- Autonomy, responsibility, and healthy interdependence.

Day 4 - Self-regulation, resilience and conflict management

- Mindfulness in Schools, healthy boundaries for better relationships;
- Obstacles as opportunities and other building blocks to resilience;
- Facilitating constructive conflict management with SEL.

Day 5 - Community building

- Extending SEL to families and the greater community;
- Design your unique path to SEL;
- Share and compare with coursemates;
- Closing activities for the group.

Day 6 - Course closure and cultural activities

- Course evaluation: round-up of acquired competencies, feedback, and discussion;
- Awarding of the course Certificate of Attendance;
- Excursion and other external cultural activities.

About the provider

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