Ακάδημος

ERASMUS+ KA1 COURSE PROGRAMME, WEL-03

Well-being, SEL & Positive Classroom Management

Calmer classrooms and stronger relationships. You leave with a well-being plan for your class, and for yourself.

5 days	Veria, Greece	400 €	English
30 teaching hours	Akadimos training centre	course fee, 80 € × 5 days	B1 level or above

Programme

Day 1 Well-being in schools	• Welcome, introductions and your needs • What well-being means for learners and staff • Mapping the needs in your class
Day 2 Social and emotional learning	• The five areas of SEL and the EU LifeComp framework • SEL routines for every lesson • Workshop: plan your daily check-ins
Day 3 Positive classroom management	• What drives behaviour in class • Clear routines and positive feedback • Responding calmly to difficult moments
Day 4 Bullying and conflict	• Recognising bullying, online and offline • Restorative conversations • Working with families and colleagues
Day 5 Your well-being plan	• Building your class well-being plan • Your own well-being at work • Evaluation, certificates and Europass Mobility

Daily schedule: Monday to Friday, 09:00–15:30, with coffee and lunch breaks. Six teaching hours a day.

Learning outcomes

KNOWLEDGE

- The five areas of social and emotional learning (CASEL)
- The EU LifeComp framework
- What drives behaviour in class

SKILLS

- Build SEL into daily routines
- Use positive behaviour strategies
- Handle conflict with restorative practice

ATTITUDES

- Relationships before rules
- Care for your own well-being
- A whole-school approach

Who it is for

Teachers in primary, secondary and VET schools, counsellors and support staff, adult educators working with groups facing stress or exclusion, and school leaders building a whole-school approach. No prior SEL training needed.

How we work

- Mostly hands-on: workshops, case studies and work on your own lessons
- Usually colleagues from several European countries
- A short needs questionnaire before the course
- Materials and a digital toolkit to keep

Certification

- Certificate of attendance with learning outcomes and hours
- Europass Mobility support: we complete it with you
- Learning Agreement support before the course

2027 dates

Winter	1–5 February 2027
Spring	12–16 April 2027
Summer	5–9 July 2027
Autumn	15–19 November 2027

For your Erasmus+ application

Provider	Akadimos KDVM EPE
OID / PIC	E10228854 / 912790953
Activity	Courses and training (KA121, KA122)
Sectors	School, adult education, VET
Erasmus+ priority	Inclusion and diversity
Licence	EOPPEP 2000497, Greece

Fee and terms

Course fee	400 € per person (Erasmus+ course-fee rate)
Included	Teaching, materials, certificate, Europass support
Not included	Travel, accommodation, meals
Payment	Bank transfer within 14 days of invoice
Cancellation	30+ days: full refund minus 100 €. 15–29 days: 50%. Later: send a colleague

BOOK YOUR PLACE

akadimos.com/courses
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Monday to Friday, 09:00–17:00 Greek time