



ERASMUS+ PROFESSIONAL DEVELOPMENT COURSE

Mindfulness & Leadership in Education

Strengthen your wellbeing. Develop your leadership.
Communicate with impact.

5 DAYS

IN ENGLISH

MÁLAGA, SPAIN

Programme Overview

This five-day programme supports education professionals in strengthening their wellbeing, personal leadership and professional impact. Through mindfulness, self-reflection, communication and practical activities, participants will explore new ways to manage their energy, recognise their strengths, communicate with greater confidence and create positive change in their educational communities.

The programme combines personal development with practical application, while creating opportunities to connect, reflect and exchange experiences with professionals from different European educational contexts.

Who is it for?

Teachers, school leaders, trainers, coordinators and other professionals working in education.

Learning Outcomes

- Apply practical mindfulness and wellbeing techniques to support personal and professional resilience.
- Use strategies to manage energy, strengthen self-awareness and navigate everyday professional challenges.
- Identify personal strengths, values and leadership qualities.
- Communicate ideas with greater confidence, clarity and impact.
- Strengthen intercultural awareness and communication while exploring international perspectives in education.
- Develop a personal action plan to transfer their learning into their professional practice.

Programme at a glance

DAY	TITLE
DAY 1	PAUSE - Wellbeing & Mindfulness Reconnect with yourself through mindfulness, movement and practices that support balance and wellbeing.
DAY 2	RESET - Resilience & Self-Awareness Explore practical strategies to manage energy, strengthen resilience and develop greater self-awareness.
DAY 3	LEAD - Personal Leadership Discover your strengths, values and leadership potential, and explore how you can create positive change.
DAY 4	INSPIRE - Communication & Impact Develop greater confidence and clarity in your communication, engage different audiences and turn ideas into influence.
DAY 5	CONNECT - Internationalisation & Intercultural Learning Explore international perspectives, intercultural communication and practical ways to encourage curiosity, collaboration and inclusion.

*The programme is indicative and may be adapted to the needs and profile of each group.

WHERE LEARNING MEETS THE MEDITERRANEAN.

Why Málaga?

Málaga offers an inspiring setting to step outside everyday routines, gain new perspectives and connect with education professionals from across Europe. With over 300 days of sunshine each year, a rich cultural heritage, excellent transport connections and a welcoming international community, it combines the Mediterranean lifestyle with an ideal environment for learning, reflection and professional exchange.

Beyond the training room, participants can immerse themselves in Spanish culture, discover Málaga's rich history and gastronomy, explore its beaches and natural landscapes, and continue building meaningful connections with fellow participants. In Málaga, learning extends beyond the course through culture, conversation and shared experiences.



Get in touch

Ready to learn, connect and
grow in Málaga?

CLICK HERE
BOOK YOUR SPOT

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