



# EI & SOCIAL INCLUSION

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Erasmus+ KA1 Training Course in Córdoba (Spain)



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# El & Social inclusion

In today's diverse and inclusive workplace, emotional intelligence (EQ) plays a crucial role in fostering a positive and respectful work environment.

EQ is the ability to identify, understand, and manage emotions effectively in yourself and others, which is essential for building relationships and promoting collaboration among team members from diverse backgrounds.

Research has shown that people with high levels of emotional intelligence are better equipped to navigate diverse workplaces and build strong relationships with colleagues from different cultures, ethnicities, and genders. They are more aware of their own biases and can recognise and challenge others' biases, creating a more inclusive work environment for everyone.

By developing emotional intelligence, individuals can promote diversity and inclusion in the workplace by fostering positive relationships and building a culture of trust, respect and understanding. This can help to create a more collaborative, innovative, and successful work environment for all.

## 7 ways to implement EI

- **Understanding and Managing Emotions:** EQ enables individuals to recognise and manage their own emotions effectively, which can help them to be more empathetic.
- **Empathy:** EQ helps individuals to put themselves in others' shoes and understand their perspectives, which can help to build trust and foster collaboration among team members
- **Active Listening:** EQ helps individuals to listen actively and attentively to others, which can help to create a safe space for people to share their experiences and perspectives.
- **Conflict Resolution:** EQ enables individuals to resolve conflicts effectively by managing their own emotions and understanding others' emotions and perspectives.
- **Flexibility and Adaptability:** EQ helps individuals to be flexible and adaptable in their approach to work and to be open to new ideas and perspectives.
- **Leadership:** EQ is a critical skill for leaders who want to create more diverse and inclusive organizations.
- **Innovation:** EQ helps individuals to think creatively and develop innovative solutions that meet the needs of diverse stakeholders.

## Course description

This course will provide a fun, relaxed environment in which teachers can rediscover the joy of teaching and embrace their unique teacher identity through reflection, positive psychology, and embodied coaching.

Participants will identify their personal needs, strengths, and goals as teachers, explore their communication and teaching styles and create goals and strategies for change and growth where it is needed.

Through practical and experiential activities, course members will deepen their own selfawareness, 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 to be an SEL educator.

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

- Gain greater emotional and social literacy;
- Experience a Social Emotional Learning environment first-hand;
- Increase self-awareness, empathy, resilience, and assertiveness;
- Implement strategies for effective communication in a tailor-made program to bring home;
- Enable participants to continue generating a culture of SEL in their own schools and/or organizations

## Details

- One week course
- Starting from 480€ (Cultural activities included) \*
- Min. 4 - max. 14 participants
- Certificate of attendance included (80% of attendance required)
- Available in Córdoba
- Also available in Spanish

\* A 60 € late registration fee will be applied if you register less than 8 weeks before the course start date.

# Tentative schedule

## Day 1. Course introduction

- Introduction and welcome
- CHECK IN. Emotions, expectations and focus.
- The Triune brain
- Emotions and emotional states

## Day 2. Emotions and decisions

- Emotions in the decision making Process.
- Emotional Coherence
- Personal Moral Code. Our values

## Day 3. Emotions and results

- THE FOUR SCENARIOS. EMOTIONAL BLOCKAGES
- Result orientation
- Resources
- Motivation and responsibility
- Strategies

## Day 4. Emotions and stereotypes

- Emotions, beliefs and stereotypes
- Limiting and empowering beliefs
- The Pygmalion and Galatea Effect

## Day 5. Emotions and social inclusion

- Dismantling limiting beliefs towards marginalised groups
- Individual and group motivation
- Activation and motivation dynamics

This schedule describes likely activities but may differ significantly based on the requests of the participants, and the trainer delivering the specific session.

Course modifications are subject to the trainer's discretion. If you would like to discuss a specific topic, please indicate it at least 4 weeks in advance.

## About the provider

Andalusia Teacher Training is a training company founded in 2018 focused in the attitudinal training and the improvement of human performance. The company works with clients with the aim of increasing their results both in personal or professional areas, developing techniques and strategies in the areas of coaching, Emotional Intelligence, soft skills and Neuro Linguistic Programming (NLP).

Andalusia Teacher Training learns from the experience gained by its staff, professionals with years of background in the fields of training and the development and management of transnational projects in the frame of Erasmus + Program. Andalusia Teacher Training is currently made up of a multidisciplinary team of 8 people, with backgrounds in languages, translation and interpreting, psychology, international relations, pedagogy and communication.

In the field of international projects, the staff has a solid background in the development and implementation of funded projects in the frame of Erasmus+ and in the areas of entrepreneurship, leadership and application of coaching, Emotional Intelligence and soft skills to different fields. In the last five years we have been involved in more than 50 KA2 projects, of which more than 25 have been developed by our staff.



**José Antonio Alonso:** He has studies in Economics and Psychology. He is Master in Coaching and EI, Master Trainer in NLP (Spanish NLP Association), Expert in Gestalt therapy and Master in Ericksonian hypnosis.

**José Carlos León:** Coach with a large experience training teams, persons and organizations using EI tools. With a degree in English Philology, he has also been tutor in the Master of Coaching of the University CEU San Pablo and facilitator in the areas of EI and NLP.



# Enjoy training... and Andalusia

Obviously, training is a key aspect, but the environment makes the experience complete. That's why Cordoba is the best possible setting, the only city in the world with four World Heritage Sites by UNESCO, a city steeped in history and culture, and also the ideal place to discover Andalusia.

Less than an hour away by train you can enjoy the bewitching Seville, the cosmopolitan Malaga and the haunting Granada, as well as having some of the best beaches just two hours away by car. All in the best connected city in Spain by high-speed train, 1.45 minutes from Madrid and in the centre of Spain's most charming region. Are you going to miss it?





## How to get to Córdoba?

Córdoba has no airport, but there are excellent connections to our city from three international airports thanks to the AVE (High Speed Train):

- Madrid. 400 kilometres, 1.45 hours to Córdoba by train.
- Seville. 130 kilometres, 45 minutes to Córdoba by train.
- Málaga. 145 kilometres. 50 minutes to Córdoba by train.

**Málaga** is the best option, due to the high amount and variety of international destinations and the facilities to link your flight to the train.

**Madrid** International Airport Adolfo Suárez is the biggest airport in Spain and it has connections with all the important destinations in Europe. Flights use to be cheaper and both the frequency and the options are higher, so it is also a good chance.

**Seville** is another option, though destinations and frequencies are not the best. Check if it fits your plans.

**Train.** There are different companies offering connections from and to Madrid, Málaga and Sevilla to Córdoba. The sooner you book, the cheaper!!

- RENFE ([www.renfe.es](http://www.renfe.es)). In trains from and to Seville or Málaga, you will find AVE and AVANT. The service is the same, though this last one is cheaper. It happens the same from Madrid with AVE and ALVIA.
- IRYO. (<https://iryo.eu>). Cheap tickets if booked with months in advance.
- AVLO (<https://avlorenfe.com>). From June 1st 2023. Renfe low cost brand.

## Contact Us

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