



✦ ERASMUS+ INTERNATIONAL TRAINING COURSE ✦

OCTOBER 2026 · EDUCATIONAL CENTER SODALITAS, CARINTHIA

Flow & *Resilience* in Education

Empowering Educators for Sustainable Well-Being and Effective Teaching

In today's educational landscape, teachers and trainers are expected to inspire, support, adapt and innovate — often under constant pressure. This international Erasmus+ course offers educators a powerful opportunity to pause, reflect and reconnect with the conditions that enable both effective teaching and personal well-being. Participants will not only learn about Flow and Resilience — they will actively experience and design them.

6

Learning days

Oct.
11–16
2026

1

Experienced trainer

Support from a
dedicated team

"When teachers experience flow themselves, they are far more likely to create learning environments where students can thrive."



COURSE WEEK — THEMES

How can educators strengthen their own resilience and support the emotional well-being of students and school communities?

How can teachers create learning environments that foster motivation, engagement and meaningful learning?

Sunday to Friday

Stress, Emotional Regulation & Resilience

Psychological Safety & Classroom Climate

Introduction to Flow & Positive Psychology / Flow-Oriented Lesson Design

Motivation & Engagement in Learning / Resilient Schools & Sustainable Teaching

Personal & Professional Action Planning

METHODOLOGY

Not a lecture. A lived experience.

Experiential Activities

Reflective Exercises

Collaborative Workshops

Group Discussions

Creative Problem-Solving

Mindfulness & Focus

Classroom Design Labs

Peer Learning

Intercultural Exchange

6 Days

English

Certificate

€ 1.215

11–16 OCTOBER

+ GERMAN IF NEEDED

ERASMUS+ CERTIFICATE

INCL. COURSE, ACCOMODATION,
MEALS & BREAKS

WHO IS THIS FOR?

This course is designed for...

Teachers of all subjects & age groups

School leaders & coordinators

Special education teachers

Counselors & support staff

Adult educators & trainers

Anyone interested in well-being & innovative learning

No prior knowledge of psychology required.

WHAT YOU WILL TAKE HOME

Learning Outcomes



Practical classroom tools, ready to use immediately



New perspectives on motivation & learning



Increased awareness of personal resilience factors



Ready-to-use educational ideas & concepts



An international professional network



Greater confidence in supporting student & teacher well-being

COURSE OBJECTIVES

What You Will Learn & Experience

- Principles of Flow & Resilience in educational contexts
- Factors that increase motivation, engagement & well-being
- Practical methods to reduce stress & strengthen self-efficacy
- How to design flow-oriented learning activities
- Resilience-building approaches for students & teachers
- Best practices from colleagues across Europe
- A personal action plan for your own school
- Strategies for emotionally sustainable teaching

Register Now

Erasmus+ funding may be available — speak to your school leadership about applying.

information: <https://www.kath-kirche-kaernten.at/erasmusplus>
Registration: birgit.wurzer@kath-kirche-kaernten.at

€ 1.215

incl. course fee
accommodation · meals · coffee
breaks
personal counselling