

11–16 OCTOBER 2026 · EDUCATIONAL CENTER SODALITAS, CARINTHIA

Flow & *Resilience* in Education

Time Schedule Overview



DAY 1

Sunday, 11 October

Arrival & Welcome

DAY 2

Monday, 12 October

Setting the Framework

DAY 3

Tuesday, 13 October

Flow in Practice

DAY 4

Wednesday, 14 October

Strengthening Resilience

DAY 5

Thursday, 15 October

Resilience in the Classroom

DAY 6

Friday, 16 October

Action Planning & Closing

Flow & Resilience in Education

DAY 1 • Sunday, 11 October — Arrival & Welcome

EVE 18:00–20:00 — Welcoming and get-together — *Networking aperitif gathering*

DAY 2 • Monday, 12 October — Setting the Framework

AM 9:00–12:30 — Setting the framework — *Icebreaker, expectations, introduction to the topic*

10:30 Coffee Break · 12:30 Lunch

PM 14:00–17:00 — Working session at the Klopeiner See — *Lake nearby, weather permitting*

EVE 18:00–20:00 — Dinner and reflection of the day

DAY 3 • Tuesday, 13 October — Flow in Practice

AM 9:00–12:30 — Experiencing and Designing Flow in Practice

10:30 Coffee Break · 12:30 Lunch

PM 14:00–17:00 — Integrating Flow into Teaching

EVE 18:00–20:00 — Dinner and Quizz Time

DAY 4 • Wednesday, 14 October — Strengthening Resilience

AM 9:00–12:30 — Strengthening Resilience — *Individual and systemic perspectives*

10:30 Coffee Break · 12:30 Lunch

PM 13:30–18:00 — Optional: sightseeing tour to Klagenfurt

EVE 18:30–20:00 — Dinner

Flow & Resilience in Education

DAY 5 • Thursday, 15 October — Resilience in the Classroom

AM 9:00–12:30 — Resilience in the classroom

10:30 Coffee Break · 12:30 Lunch

PM 14:00–17:00 — Applying Flow and Resilience in Schools — *Teaching into practice; the school as a system*

EVE 18:30–20:00 — Dinner with the whole group

DAY 6 • Friday, 16 October — Action Planning & Closing

AM 9:00–12:30 — Personal Action Plan

10:30 Coffee Break · 12:30 Lunch

PM 14:00–17:00 — Presentation and Reflection — *Certificates, conclusion*

EVE 18:00–19:00 — Dinner