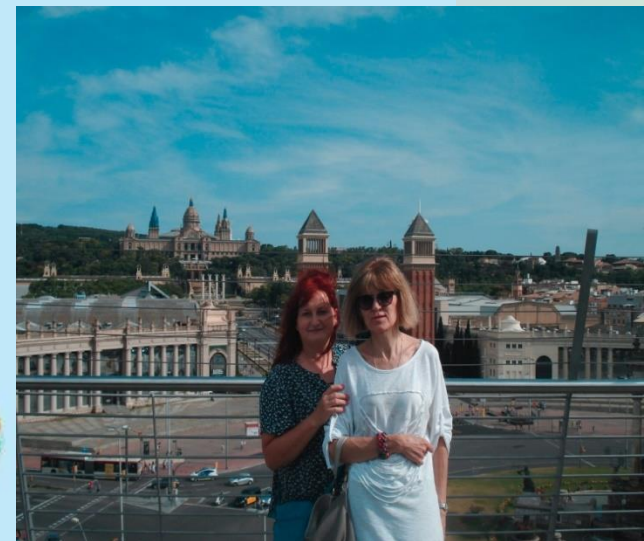


A Satisfying School Experience: strategies and skills for teachers.

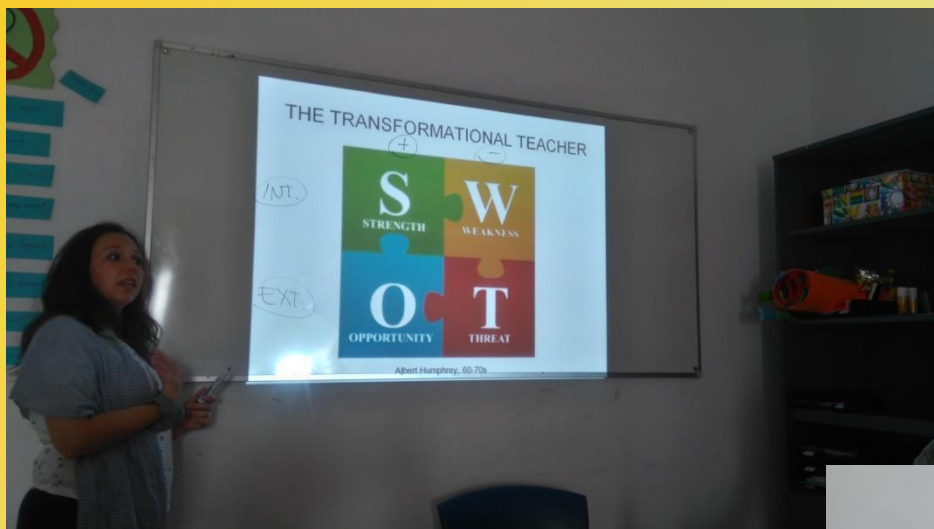


What have we learned? (Czego się nauczyliśmy?)

- Stosowanie analizy SWOT w szkole
- Zdrowy umysł-zdrowy nauczyciel
- Aktywne słuchanie i okazywanie empatii
- Symptomy wypalenia zawodowego
- Sposoby zapobiegania wypaleniu zawodowemu (Preventing burn out)
- Tworzenie pozytywnego środowiska w szkole
- Stosowanie MINDFULNESS w życiu zawodowym i prywatnym
- Projektowanie aktywności szkolnych dających satysfakcję



Stosowanie analizy SWOT w pracy nauczyciela



Cechy dobrego nauczyciela



CONCLUSION

The **PERMA** Model of Well-Being

Positive Emotion

Positive emotions are an essential part of our well-being. Happy people look back on the past with gladness; look into the future with hope; and they enjoy and cherish the present.

Relationships

Everyone needs someone. We enhance our well-being and share it with others by building strong relationships with the people around us - family, friends, coworkers, neighbours.

Accomplishment

Everyone needs to win sometimes. To achieve well-being and happiness, we must be able to look back on our lives with a sense of accomplishment: 'I did it, and I did it well'.

Engagement

When we focus on doing the things we truly enjoy and care about, we can begin to engage completely with the present moment and enter the state of being known as 'flow'.

Meaning

We are at our best when we dedicate time to something greater than ourselves. This might be religious faith, community work, family, politics, a charity, a professional or creative goal.

From Martin Seligman's *Flourish*, 2011

Rozpoznawanie i zapobieganie wypaleniu zawodowemu



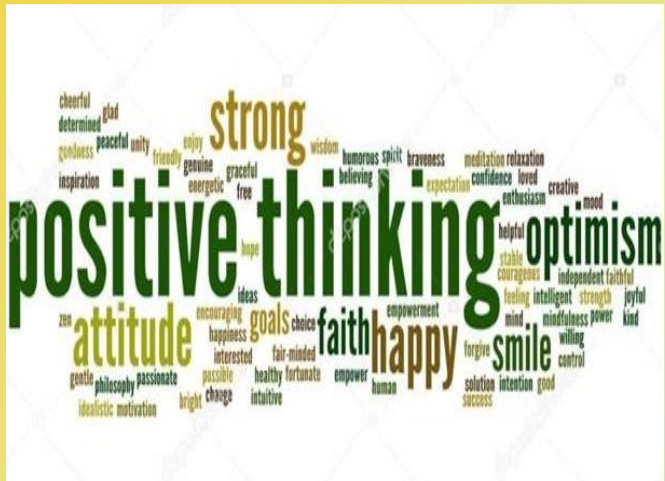
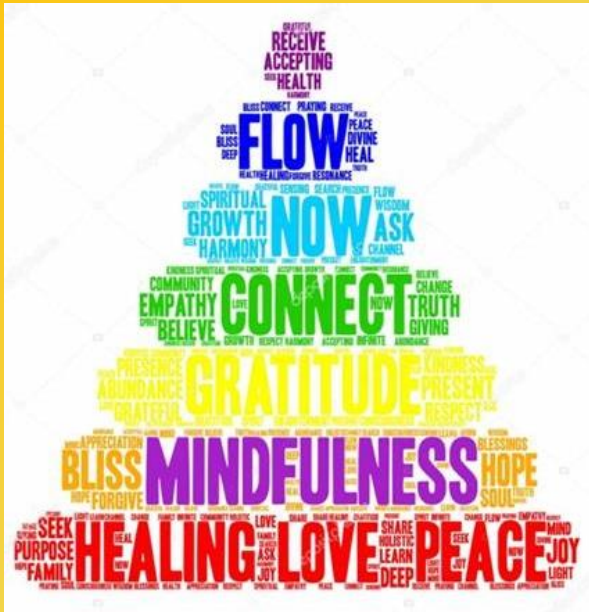
Factors leading to Burnout...get ready!

- ▷ Poor working conditions
- ▷ Overcrowded classes
- ▷ Excessive job demands
- ▷ Pressure to produce, perform and meet deadlines
- ▷ Lack of autonomy
- ▷ Too many roles to fill
- ▷ Lack of proper training
- ▷ Lack of recognition and feedback
- ▷ Lack of admin. support
- ▷ Lack of collegial support
- ▷ Profusion of school reform v are imposed from the top do
- ▷ Test-related pressure
- ▷ Insufficient pay
- ▷ Limited opportunities
- ▷ Disruptive student behavior
- ▷ Difficult communication in multi-cultural context
- ▷ Demanding parents

Burnout prevention and care

- ▷ Pay attention to warning signs! All staff should know about burnout. Administrators should conduct interviews and evaluations.
- ▷ Time management strategies
- ▷ Professional development, like mentoring, conferences, workshops, seminars
- ▷ Stress management workshops
- ▷ Meditation and breathing techniques
- ▷ Problem-solving techniques
- ▷ Peer support groups
- ▷ Feedback and recognition
- ▷ Adequate resources
- ▷ Supportive leadership
- ▷ Collegial relationships

Mindfulness-trening uważności



Czynniki wpływające na dobre samopoczucie i zdrowie

The Healthy Mind Platter



Jak uniknąć przepracowania?



Barcelona Beach



Teacher at the beginning
of the school year



Teacher at the end
of the school year



**Dzięki kursowi w Barcelonie
oraz mindfulness wiemy jak
tego uniknąć :D**

A w czasie wolnym zwiedzanie Barcelony

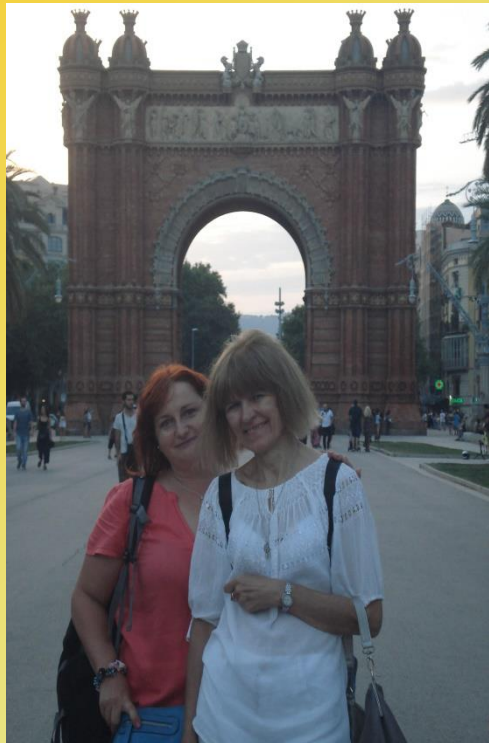
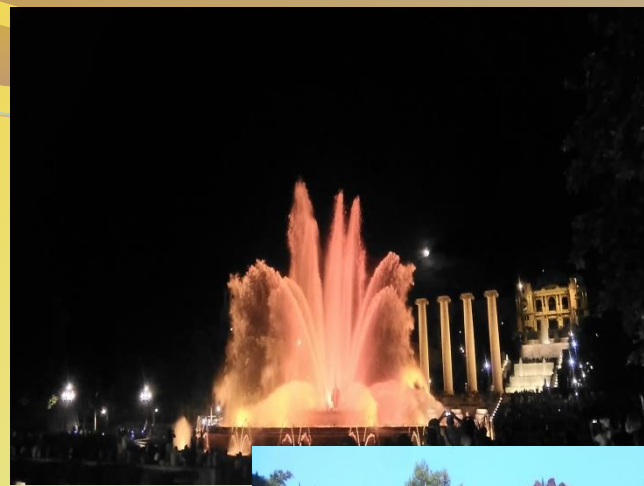


Gaudi- Casa Mila, Casa Batlo, Casa Vicens



Katedry









Pyszne hiszpańskie dania



Cudowne morze i „playa”





**La vida es bella-
Życie jest piękne!
Adios Barcelona!
Next Erasmus -Malta!**