

	Description
An explanatory title with a catchy subtitle (or opposite)	Well-being in education: Changing mindset about well-being from being an individual target to becoming a relational practice
Introduction	In a world that continuously challenges our individual and collective mental, physical, emotional and social resilience, it becomes essential especially for the educational systems that we operate into (home, school, society), a shift on the way we think and perceive the nuance of well-being. The pandemic dropped all of us in an online world without really being prepared for that. Acute stress appeared, started becoming sustained and anxiety emerged prohibiting effective teaching and learning in all digital, analogue, and hybrid learning environments. Moreover, the health, psychological safety, and well-being for all of us was challenged in an unprecedented way. Moving away from dominant discourses like for example that well-being in digital education needs to be explored only in the digital systems that we operate, we have carefully designed this course to open up the horizons for a broader perspective about well-being as something that it can be practised anytime in anyplace, analogue, digital or even in the Metaverse.
Why this course? What are the needs addressed?	This course is inviting anyone who has the intrinsic curiosity to join a journey where well-being is seeing as something that exists and evolves in an interdependent system . This system includes each and all of us involved in the educational realm, like children, students, learners, teachers, tutors, parents, administration people, education consultants, change agents, etc), and invites a relationship-based approach to education . The need to provide a strategic approach for an engaging way of learning and teaching, which places in the center the care of the individuals, meets the scope, design, implementation and dream of this unique course.
Learning objectives	The training aims at providing participants the opportunity to experience, and practice with frameworks that they invite an expansion on the toolset we use, an innovative shift of the skillset we deploy, and the creation of a new mindset and heart-set that we need to be equipped with, in order to deal with the challenges of the present and future. It consists of: <ul style="list-style-type: none"> • innovative digital learning models • every day well-being practices for relationship-building • thinking out of the box mindsets, and • narrative methodological experiments for strengthening connection and resilience All these are interweaved in this innovative and highly interactive 6-day course.
Learning outcomes	Participants will leave this course with a treasure chest full of new ideas and tools, innovative practices and specific guides that they can use immediately without much effort already the next day in their working environment. Further on, they will experience at first hand the creation and development of a community of practice , which is essential to address today's challenges in education. We are confident to say this because whatever it will be learned onsite, it will also be practiced and

	re-practiced onsite during the days that we will spend together for this course.
Target group/s	Anyone whose work or presence is related to any kind of learning practices and environments, like schools, universities, organisations, institutions, NGO's, political and social constellations, educational projects management entities, consulting organizations, etc.
Methodological framework, content, and topics	<p>CONCEPT: The course, mainly consists of two strategic, and complementary models of work, which have been tested in various fields. These models are well established and provide hospitable spaces, online and offline, where people feel safe, are engaged and learn in the best and more fitting way to their needs, always in relation to the environment that they co-exist. Here is a short description of these models:</p> <p>1. The “Human Set Essentials” model brings together two usual paths of work and practice, the toolset and skillset and combines them with two more absolutely necessary “sets” for addressing well-being effectively in education. The first one is the Mindset, means the ways we support people to expand or develop anew a mindset of how the acquired skills and tools could be optimally used to both enhance learning and keep people in a healthy status. The second one is the Heart-set, a warm approach to online (and offline) presence, participation and relationships, which allows the various involved stakeholders to stay in connection and mutually take care of the environment and themselves, co-shaping a safe space for effective learning.</p> <p>2. The “Lov-e & Car-e-osity” model, a participatory and engagement model for e-learning. The core approach used in this model is process-oriented and technology is employed just as an enabler. It is a process of supporting learners and teachers and other stakeholders involved to co-create new pathways of learning. It is not a “one-fit-all-ready-to-use” model but a dynamic one which is co-shaped and co-modified by its users. It delves into storytelling, gamification, early stage prototyping, behavioral economics, and other concepts in order to “... support people not only to learn but to make them happy the way they learn.” This shows again the importance that we dedicate to people’s well-being who actively participate to the evolvement of education, independent of their roles.</p>
Training modules and contents	<p>The training modules of this course are following two inspiring training and facilitation paths:</p> <p>1. During the 7 days, participants will go through the below phases:</p> <ul style="list-style-type: none"> • Discovery (of the topic and of each other) • Deepening and widening (a 360° approach so everyone gradually becomes familiar with the content and the practices that they will test, learn and take with them) • Harvesting (the collective wisdom “in the room”, and what we have learned together) • Engaging farewell (what is the next step and how could we apply what we have learned?) <p>2. With respect to well-being we will support participants to move away from the idea of seeing well-being as a health-informed event, and a goal to be achieved, or as something that we obtain, and then we are ok. Instead, participants will be guided through the paths of:</p> <ul style="list-style-type: none"> • Well-being as a process

	<ul style="list-style-type: none"> • Well-being as an attitude • Well-being as a continuous practice in relationship
Programme (per days)	Starting Sunday afternoon (about 16hr) Ending Saturday at 12 noon
Dates and locations	Athens, Tsiller 61 @Hifaistos TBD, or arranged according to client's expectation
Trainer(s) and facilitator/s	Yannis Angelis – Educational and narrative consultant & trainer Alessandro Carbone - Mentor
Certification: <ul style="list-style-type: none"> • Of attendance • Any other formal certification provided 	Certification of attendance. Teachers' mobility pass Release of Europass Digital Credentials (EDCs)