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Learning for and through wellbeing in school

Stockholm 27-31 May 2024

Erasmus+ KA1 training course

Trainers: Karin Helmersson and Jannica Andreasson

COURSE PROGRAMME*

SUN 26 MAY

Arrival

MON 27 MAY

Course starts at the venue
Address: Svartensgatan 6 G (Metro old town),
Entrance door code 5022
(phone Knowledgepro :0046704074832)

08:30-11:30

- Check-in-wellbeing - What does it signify to you?
- Wellbeing in a societal and an educational context?
- Meaningfulness - The golden Circle - Finding your why.

11:30-12:15

BREAK

12:15-14:30

- Active mentoring
- Growth mindset
- Hands-on-work
- Logbook reflection and feed forward

*) FIKA breaks included every day



COURSE PROGRAMME

TUE 28 MAY

08:30-11:30

- Systems thinking - Edison did not invent the lightbulb
- Your school and classroom as a garden
- Thinking models

11:30-12:15

BREAK

12:15-14:30

- Cross-curricular work - Best practice examples
- Setting goals
- My ideal school-workshop-group presentation
- Logbook reflection and feed forward



COURSE PROGRAMME

WED 29 MAY

08:30-09:30

-The Swedish school system general overview

09:30-15:00

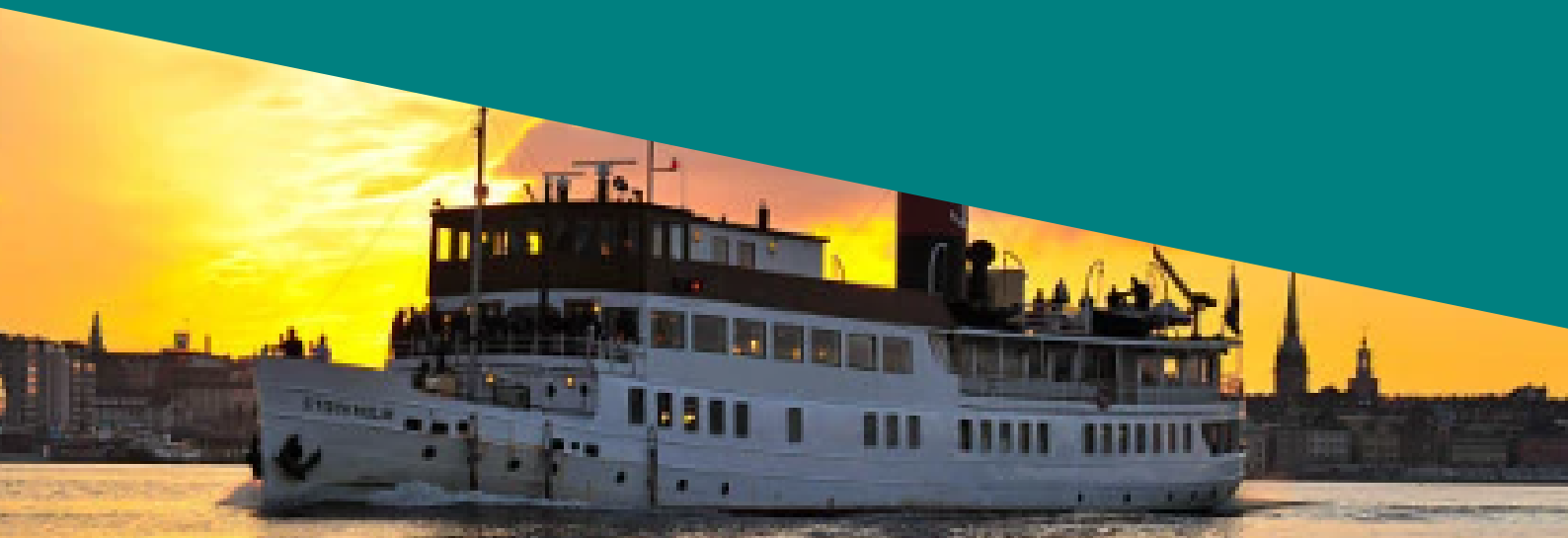
Study visit at one primary school and one upper-secondary school incl lunch.

EVENING SOCIAL PROGRAMME

17:40-21:00

Joint boat trip dinner to Vaxholm and back to Stockholm. Knowledgepro pays for the boat ticket (235 SEK/person). Dinner is at your own cost (a separate mail will be sent to you with the menu).

Meeting point: Dramaten stairs (The national theater stairs, Address: Nybroplan



COURSE PROGRAMME

THU 30 MAY

13:00-14:45

- Key aspects of meaningful teaching
- Building a climate of trust
- Professional meetings, a prerequisite

14:45-15:00

Break

15:00-18:00

- Coaching and a coaching approach
- Exercises and hands-on-training
- Logbook reflection



COURSE PROGRAMME

FRI 31 MAY

08:30-11:30

- Cont. Coaching and a coaching approach
- Leadership skills for wellbeing

11:30-12:15

BREAK

12:15-13:45

- Exercises and hands-on-training

13:45-14:30

- Things I take with me from this course
- Possibilities of future collaboration
- Daily reflection and course evaluation and certificate





COURSE PROGRAMME

SAT 1 JUNE

00:00-00:00

Travel day back home (if no flight available on Friday evening after 6 pm)

**HOPE TO SEE YOU AGAIN. WELCOME BACK FOR
ANOTHER COURSE!**

