

TEAMBUILDING & WORK-LIFE BALANCE

TRAINING COURSE

MAIN OBJECTIVES AND COURSE DESCRIPTION:

University educators and administrative staff often face the challenges of balancing demanding workloads, managing stress, and fostering effective teamwork. Our **4-day training course**, 'Teambuilding and Work/Life Balance', is designed to address these challenges head-on.

Through a series of **mindfulness practices, visual expression exercises, and team-building activities**, participants will explore strategies to enhance their well-being, improve team dynamics, and achieve a healthier work/life balance.

Set in the beautiful surroundings of Tenerife, this course provides a supportive and immersive environment where educators can rejuvenate, connect with colleagues, and develop practical skills to thrive both personally and professionally. Join us for this transformative experience and take the first step towards a more balanced and fulfilling academic life.

Objectives:

- ✓ Empower educators to proactively manage stress, burnout, and work-life balance, equipping them with well-being strategies that can be integrated into their academic lives
- ✓ Cultivate the art of visual expression as a powerful tool for effective communication, self-expression, and addressing the unique challenges faced in academic settings
- ✓ Create a nurturing environment for participants to connect, share experiences, and collaboratively address common challenges encountered in their roles within the realm of Erasmus+ programs.

PROGRAMME:

Day 1: Historical Exploration and Creativity: Begin with a day of exploration and creativity in the stunning landscapes of Tenerife. Our immersive workshops blend tradition and innovation, fostering personal growth and team connection. Engage in activities designed to expand your horizons, ignite creativity, and strengthen bonds with a diverse community of educators, enhancing both individual and collective professional development.

Day 2: Tropical Awakening: Experience the serene beauty of Tenerife as we delve into empowerment techniques, mobile photography, and mindful practices amidst nature. Connect with the natural world to inspire personal growth, boost creativity, and enhance overall well-being. This day is dedicated to advancing your personal and professional development, promoting a healthier work/life balance.

Day 3: The Empowerment Oasis: Retreat to a tranquil location in Tenerife and immerse yourself in a day dedicated to empowerment. Participate in activities that promote self-awareness, foster meaningful relationships, and support personal growth. This immersive experience is designed to strengthen community bonds and enhance professional enrichment, offering a unique opportunity to nurture your well-being and build meaningful connections.

Day 4: Coastal Village Exploration: Explore the inviting streets of a coastal village in Tenerife, capturing its essence through mobile photography. Engage in mindfulness exercises that deepen your connection with your surroundings, creating a memorable and enriching experience. Join us for a day of discovery, creativity, and mindfulness, aimed at providing a deeper appreciation of the world and fostering a balanced and fulfilling professional life.

MATERIALS NEEDED:

- Camera or smartphone
- Notebook or journal

SPECIFICS:

- ✓ This course includes **four days of practical lessons and activities**, from 9.30am to 13.30pm, starting on Monday
- ✓ Every single daily session will be held in a **different surrounding location**, which brings the added value of getting to know Tenerife and its wonderful landscapes and sceneries
- ✓ This team building course is **expertly facilitated by a seasoned coach** who brings extensive experience and expertise to guide participants on their transformative journey

A minimum of four participants required and maximum eight. Departing and meeting point TJT Office (Calle Montaña Clara, 5. Local 4. 38679. Fañabé. Adeje)

COURSE FEE:

550€ + 7% tax (per person)

The price includes:

Welcome info-pack, transport from the meeting point to activities, official and certified teacher, cultural activities, teaching material and certificates: Certificate of Attendance, Europass Certificate Supplement, Europass Mobility...

*Transfer and accommodation NOT included.

TARGET GROUP:

This training course is designed for any member of an educational organisation: trainers, school management, administration staff, school/university teachers, holistic therapies and wellness students, Erasmus+ Project Managers, International Offices staff, photography and nature lovers, etc.