

Euroguidance Cross Border Seminar
Dresden, Germany, 22 - 24 May 2023

Tânia Nunes
Portugal

Workshop No 12
**Well-being matters: socio-emotional
development practices in school**



Well-being practices

1- What do you do for your mental health and well-being?

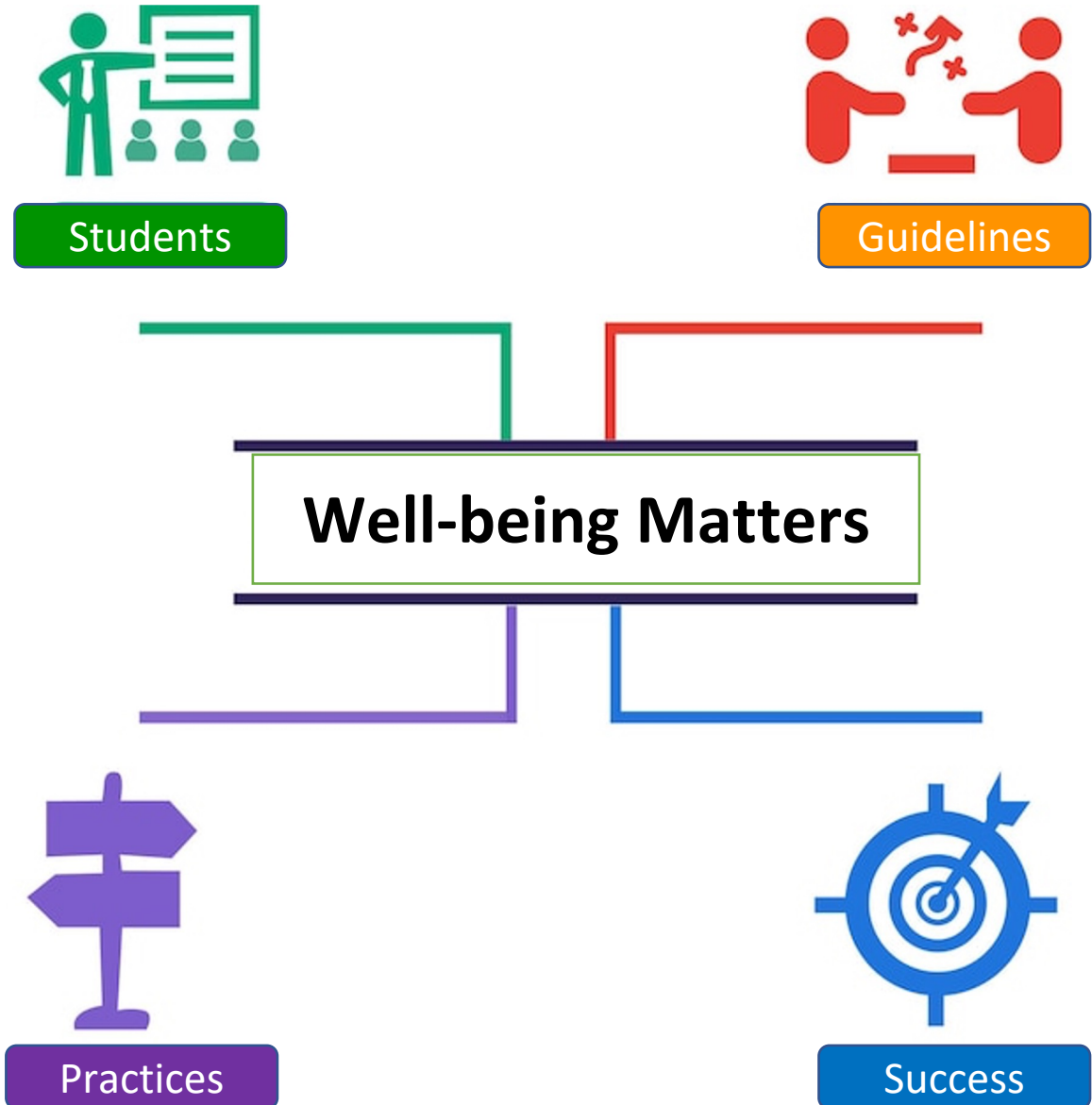
2- How much time per week do you spend to increase your well-being?

3 - Are you satisfied with the time you spend to increase your well-being?

4- Do you know any "out of the box" practice on this topic?

Well-being matters: socio-emotional development practices in school

Theoretical Framework



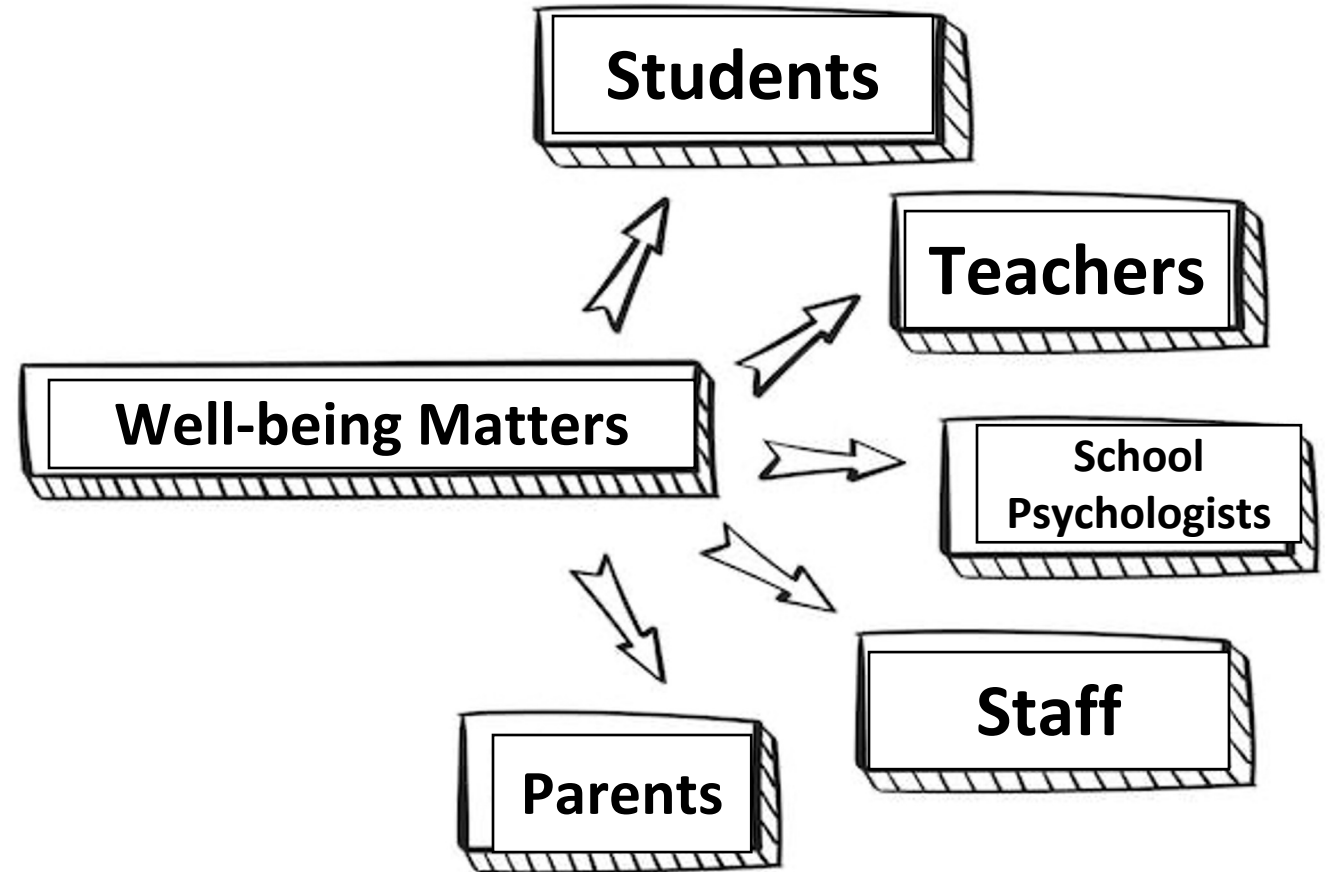
Well-being matters: socio-emotional development practices in school

*For years, we have understood well-being only as a prerequisite for learning. **Today, we know that well-being is a purpose of education itself.** A fully trained individual, who achieves the skills set out in the formal Profile of Students at the end of scholarship, is someone who holds knowledge, but also uses it because he feels good and mobilizes it to promote well-being in the community in which he lives.*

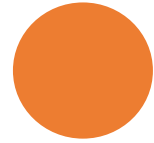
(João Costa, Minister of Education of Portugal)

Well-being matters: socio-emotional development practices in school

Who is
wellness
promotion
for?



Well-being matters: socio-emotional development practices in school





Sharing Practices



30 minutes of sharing

Share the main findings on the mentimeter



What are the most relevant practices carried out in my context, related to the well-being of school psychologists? What about the professional community?

Code: **3772 2920**



5 minutes to present a practice to the whole group

www.menti.com

Sharing Practices - Well-being matters: socio-emotional development practices in school

10 Answers

Mentimeter

- Supervision

organization of your work (learn to say no)

Exchange with colleagues

Workshops

Bilateral techniques
Fingertip Massage
Physical activities
Class/school projects
Pyjama Day
Supervision for psychologists/counsellors
Meditation techniques
Sharing with other colleagues
Singing
Yoga

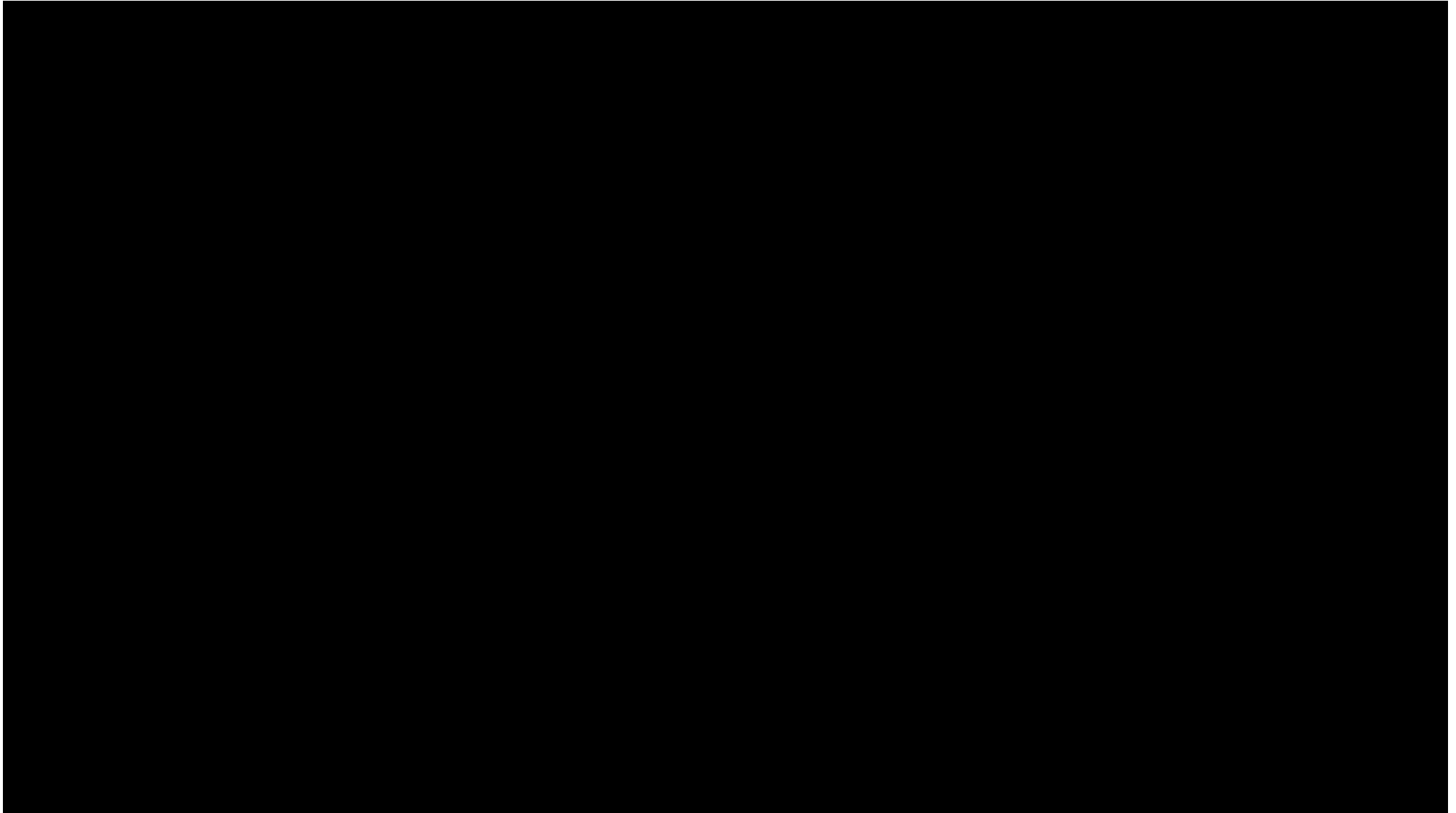
Change of perspective
Breathing techniques
Respect resting times
Healthy food
Ask for help
Cooperation with parents and teachers

Multi-disciplinary approach

Team building

Continuous Professional Development

What you practice goes stronger!



The STRENGTH project

5 clusters/ 5 training modules/sections:

- 1. Empathy Skills:** Affective empathy and Perspective taking/Cognitive empathy
- 2. Emotion-Management Skills:** Understanding emotions, Emotional self-awareness and emotional self-control
- 3. Diversity Management Skills:** Social concern, Tolerance, Diversity and intercultural competence
- 4. Active Listening Skills:** Attentiveness & Active listening
- 5. Cooperation Skills:** Collaboration, Conflict Resolution

Each section has four parts:

- A. Theoretical background
- B. Activities to improve socio-emotional skills
- C. Self- evaluation exercises
- D. Resources for further study and references.

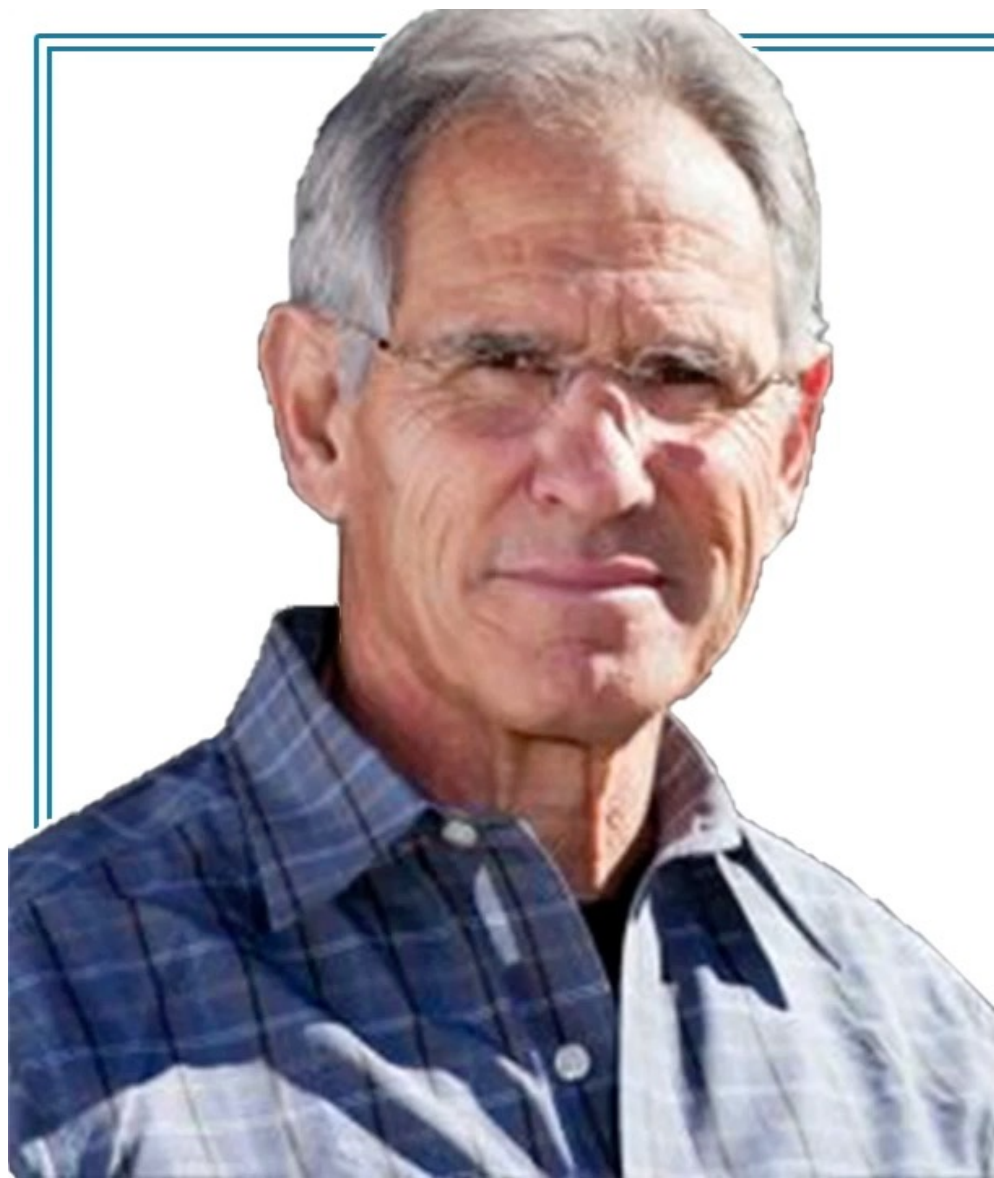


<https://projectstrength.net/>

Countries: **Romania, The Netherlands, Greece, Germany, Finland, Italy, Portugal**

Take care!





**10MIN GUIDED
MINDFULNESS
MEDITATION**

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 Bundesagentur für Arbeit
Zentrale Auslands-
und Fachvermittlung (ZAV)



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**Share the key word(s)
for you of this workshop**

Code: **209 6177**

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Thank you for your attention!

Share the key word(s) for you of this workshop

positive
useful
great exchange
thank you informative
important matter
with many aspects
mindfulness
inspiration for wellbeing