

ZEST UP EDU!

CPD COURSE



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Ignite your teaching passion! Discover how to infuse your classroom with energy and enthusiasm!

Methodology

Neuroscience studies show that **learning new habits comes from action**. New neuronal networks which support new behaviors are created in action. This is why the course is based mainly on **experiential methodologies** rooted in psychodrama and sociodrama.

Delia Rosca employs experiential techniques to foster **interaction, cooperation and spontaneity** in order to **boost creativity and collective intelligence**, adapting her methods to accommodate the diverse learning styles of the participants.

She is passionate about **integrating psychological education into her teaching**, creating safe spaces both for personal insights and meaningful connections. This approach proves highly effective in the realms of **education and communication**.

Course Description

This is an experiential course that focuses on **enhancing zest and motivation** to perform at one's best in the role of an educator.

Tools from **psychodrama and positive psychology** will bridge the theoretical concepts with the reality of the classroom.

Participants will learn principles and strategies for creating habits **to live their professional roles with passion, to the fullest**.

Learning Outcomes

- Reflect on and realign with your core personal and professional values.
- Learn to recognize the early signs of burnout and take proactive steps.
- Cultivate effective self-care habits for sustained personal growth.
- Uncover and harness new inner resources and strengths.
- Sharpen the focus on your professional vision and future aspirations.

Areas of Growth for the Participants

New Perspectives on Self-Care and Educational Roles: Educators will learn to approach self-care not as an afterthought but as a critical component of their professional practice, enabling them to serve as both a guide and a role model for their students.

Identifying and Preventing Burnout: Participants will be empowered with practical strategies to recognize the warning signs of burnout, alongside preventive measures that can be woven into their daily routines to maintain their enthusiasm and well-being in the long term.

Enhanced Self-Awareness Through Objective Self-Reflection: By engaging in structured self-analysis, educators will sharpen their self-awareness, which in turn will refine their teaching philosophy and approach, leading to a more fulfilling and impactful educational experience.

Innovative Teaching Methods for Collective Intelligence: Educators will discover how to integrate contemporary teaching methodologies that leverage the power of collective intelligence, thereby creating a dynamic learning environment that celebrates and harnesses the diversity of thought.



Basic Information

- Where? Málaga
- 5 days course + cultural day activity included
- Price: 400€
- Dates to be determined (if you are a group of 5, you can choose your own dates course)
- Certificate of attendance included (80% of attendance required)

Included Services and Add-Ons

Included

- Pre-arrival information.
- Tuition & training materials.
- Coffee break.
- Training Certificate.
- Europass Certificate.
- Admin & organizational costs.
- Cultural Activity tailored to the group.

Additional

- Accommodation (hotels & self-catering apartments).
- Half-day and one-day trips.
- Airport transfer.
- Local transport.
- Extra Cultural Activities option.

Our team is ready to help! Contact us for more information

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