

International Partner's Meeting and Professional Workshop in Portugal

From November 4–9, 2024, Portugal became the hub for significant milestones in the "Guide to Health" project. Over the course of this week, partners gathered for the second Transnational Project Meeting (TPM2), while educators participated in an intensive workshop designed to enhance their teaching practices and mental health.

Workshop for Teachers: Empowering Educators for the 21st Century

The workshop, held from November 4–8, 2024, focused on equipping teachers with transformative coaching methodologies and practical tools to foster positive relationships in the classroom and improve their mental well-being. Led by Dr. Lurdes Neves, the program combined theoretical insights with interactive exercises, such as SWOT analysis, educational circles, and creative techniques like mandalas and timelines.

Participants explored strategies to tailor teaching methods to engage diverse learners – visual, auditory, and kinesthetic – while learning to align their values with their professional actions. The coaching sessions emphasized context creation, goal setting, and action planning, enabling teachers to inspire critical thinking and independence in their students.

Additionally, the workshop addressed the growing challenges of mental health in education. Teachers were provided with tools to manage stress, prevent burnout, and resolve conflicts collaboratively. These practices not only support personal well-being but also contribute to a more positive and productive classroom environment.

Transnational Project Meeting: Progressing Towards WP3

Running parallel to the workshop, the second Transnational Project Meeting (TPM2) took place from November 4–9, 2024. This gathering brought together all project partners to review the progress of WP2 and lay the groundwork for the next steps in WP3.

Qualitas Ltd. presented the results of the WP2 self-assessment questionnaire, highlighting its positive impacts: improved self-awareness, enhanced resilience, and increased confidence in self-education for both teachers and students. The WP2 leader, Agrupamento de Escolas de Arrifana, will prepare a comprehensive summary document by the end of November.

Preparations for WP3 began in earnest, with partners collaborating to define responsibilities for the 15 chapters of the upcoming methodological guidebook. This guide will address physical, social, and artistic activities to support mental health and manage stress, anxiety, and emotional challenges.

Closing Conclusions

The recent events in Portugal marked a significant milestone for our project, bringing together international partners and educators to drive progress in education and mental health.

Beyond the formal sessions, evening social dinners allowed partners to connect informally, strengthening both personal and professional relationships. The shared camaraderie underscored the project's success – our team continues to thrive, balancing expertise with mutual respect and shared goals.

By focusing on building resilience, fostering positive relationships, and tailoring approaches to diverse learners, we aim to create a more dynamic and supportive educational environment.

We are excited about the momentum generated during this productive week and look forward to implementing the lessons learned and the plans developed. Together, we are making strides toward a brighter, more inclusive future in education.

[Click on the website icon below to subscribe to our newsletter!](#)



Copyright (C) 2024 Guide to Health. All rights reserved.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the Tempus Public Foundation. Neither the European Union nor the granting authority can be held responsible for them.

Project Code:

2023-2-HU01-KA220-SCH-000181724

Our mailing address is:

qualitas@qualitas.hu