

STRENGTHS AND PASSION IN TEACHING

*Developing your signature strengths as a teacher and work
with the students' strengths*

Course description

This course focuses on teachers and head teachers from primary and secondary education who wish to develop themselves, their teaching practice and their students from a strength-based perspective.

Working with strengths is an approach that has grown from positive psychology, which is the field that studies human well-being, growth and development. Research shows that there lies a greater potential in development of your strengths than in trying to fix your weaknesses. This course takes these ideas to a very practical and concrete level.

During the first part of the course the participating teachers will get a chance to discover their own strengths when it comes to teaching and relationship building with students, and how these strengths are linked to traps, challenges and allergies showing in their work. We will be working on setting goals for their teaching practice linking efforts with a higher purpose that is meaningful for each teacher. Furthermore, we will work on how the teacher's signature strengths can be used to create better results, more motivation and satisfaction in their daily work, and finally how they can be

used to deal with or compensate for their challenges. During the second part of the course, we will look at how this approach can be applied to the students; how to discover and inquire into the strengths of each student, seeing how their strengths and challenges are linked, and developing ideas of how to get these strengths into play in the classroom fostering feelings of motivation, self-efficiency and self-confidence among students. Finally, we will look at how to cultivate certain strengths proven to be useful in school performance.

The course is highly practical giving everyone rich opportunity to reflect upon their own strengths, those of their students and the current challenges faced in the class room. Furthermore, the teachers will leave the course with tools to continue the work at home.



The course will give you...

- An insight into positive psychology and working with strengths – combined with social constructionist
- Knowledge of own signature strengths as well as traps and challenges connected to them
- A clear plan of how to keep developing your own strength and thus your teaching practice by using your signature strengths more fully
- An ability to apply the strength-based approach to individual students, to ensure their self-efficacy, performance, well-being and self-confidence
- Knowledge of how to work with the approach in the classroom/with groups of students

Methodology

The course will be based on current research on positive psychology, strengths and social constructionist approaches. Despite the theoretical basis, the training will be highly practical. The course will consist of a mix of short inputs, concrete exercises, and group discussions. It is important for the course that you are willing to take a personal strength profile and work openly with your strengths and challenges in the group.



Programme

- Monday** Arrival in the evening
Welcome drink
Programme
- Tuesday** Introduction: learning goals and learning contract
- Positive psychology, strengths and the social constructionist approach to teaching and student development
 - Appreciation and multiverse
 - What are strengths and getting to know the different strengths
 - Start discovering my strengths
- Wednesday** My strengths as a teacher
My signature strengths
- Strengths - used and not used, competences and weaknesses
 - Overusing strengths - traps, challenges and allergies
 - Create meaningfulness - what are my goals and values?
 - Applying strengths to reach goals
 - Anchoring my strengths in my future practice
- Thursday** Working with students' strengths
- The flow of working with strengths (find & explore, set goals and develop strategies)
 - Noticing strengths of students
 - Understanding strengths behind challenges and traps
 - Putting students' strengths into play in the classroom
 - Strengths-finding questions
- Friday** Working with strengths in the classroom / in groups
Important strengths for school performance
Using strengths for creating class-room well-being
Reflecting upon the leaning of the course
Evaluation
- Saturday** Departure

PRACTICAL INFORMATION

Dates, time and place

This course will be organised on a regular basis. [Please check here](#) to see when and where.

All courses will start with a short welcome evening/ drink at 19.30 p.m. on Monday evening and end on Friday around 16.00 p.m.

Consultants

The [consultant](#) running this course is either **Yvor Broer, Lene Mogensen** or **RajVinder Singh Gill**. Depending on the group size a second consultant will be attracted. As we are currently enlarging our organisation, we might place another consultant than above at this course and communicate this well in advance of the course.

Price

The fee for this course is 775 Euros, excluding travel, food and accommodation. This course is in line with the criteria and priorities of the Erasmus+ programme of the EU. This means that you can apply for a grant to cover most costs, given the criteria that you are working in school education, adult education, vocational education or some parts of higher education. [Have a look here for more information](#).

Registration

You can register for one of our courses by downloading the registration form on our home page, on the [registration page](#) for open courses. After receiving your form, we will reserve a place for you on the course. There is a maximum of 18 participants per course.

In case you want to use the Erasmus+ programme for a grant to cover e.g. travel, accommodation and course fee, more information and application form can be found on the [information page](#) on that programme

After registering we will be glad to assist you in booking a room and arranging your travel.

About In Dialogue

In Dialogue is a consultancy corporation that works with development of individuals, leaders, consultants, teams, organisations and communities. In Dialogue was established in 2004 and got its recent name in 2007.

Our consultants work within the approach of In Dialogue, when inspiring change, development and growth. We closely follow new academic developments and are proud of translating new theories into practical and sustainable solutions to your challenges. All the consultants have a higher degree in relevant sciences as well as a proven capacity to translate their knowledge into practice - e.g. in relation to coaching, conflict mediation, project management and organisational change and learning.

We operate in various parts of the world, and all consultants have extensive national as well as international experience and are trained in applying their competences in culturally sensitive ways. Our main office is located in Roskilde, Denmark. Next to that we have an office in the city of Gouda, The Netherlands. Read more on [our homepage](#) or contact us via opencourses@in-dialogue.org.

In Dialogue courses

In Dialogue makes sure that learning at our courses is contextualised and

therefore relevant for the challenges of the participants. Theory is put into action through concrete training of new competences as well as through working on the cases from the group:

- The courses are well structured though still flexible to allow for adjustments based on the dialogue with the participants about their concrete challenges, needs and previous experiences
- The international setting ensures an inspiring environment where the diversity of contexts, challenges and ideas are used to increase the understanding of complexity and diverse ways of dealing with issues.
- Our courses are based on a sound theoretical foundation of social constructionist theory. This means that we draw upon innovative approaches such as the narrative, systemic, appreciative and solution focused approaches.
- We believe that there lies a greater potential for development in strengths than in weaknesses. We therefore focus on applying the resources of each participant to reach his/her learning goals and to build an appreciative working atmosphere within the group.
- It is important for In Dialogue that everyone leaves our courses feeling empowered and competent to apply the concrete outcome of the course in his/her daily work - knowing in which situations to use which techniques and when not to use them.