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Report on the participation in the project "Emotional intelligence: identify, harness & manage emotions", Palermo, Italy, 28.06-02.07.2021

Prof. Anuța Cosmin, Timișoara, România

As a geography teacher at the Timiș County Centre of Excellence, I had the opportunity to interact with students who were passionate, intelligent, but who did not always know how to manage their emotions properly. There were cases when small victories or failures, relationships with colleagues or even parents were less well managed by the students of the Centre of Excellence. Based on this reality, I have concluded that it is necessary for me, as a teacher, to go deeper into identifying and managing emotions in my students.

Therefore, the opportunity to participate in the course "Emotional intelligence: identify, harness & manage emotions", organised by ShipCon Limassol Ltd, was extremely welcome.

The preparation for the trip to this course, held in Palermo, from 28.06.-02.07.2021, involved a documentation on emotional intelligence and a short English language course. I also had many meetings in person and online with the other participants to complete the necessary documents for the course, to find the best transport and accommodation options and to discuss the possibilities of getting to know Palermo and Sicily from a cultural point of view.

From the outset I must mention the good organization of the course: the proposed topics, the high level of expertise of the trainer (Angela Winstanley), the effectiveness, the variety of methods and means used in the training. Another important aspect is the opportunity to interact and exchange best practices with colleagues from many countries.

In the first part of the course the theoretical aspects of emotional intelligence were presented, followed by various interesting topics: the importance of emotional intelligence in modern education and in the workplace, the emerging self - and the development of emotional intelligence (Development, mindset - from literal to abstract), In touch with the emotional self and the influence on learning, the development of leadership skills and creativity, In touch with the emotional self and the influence on learning.

By presenting case studies, games, practical activities and videos, the trainer made it easy and attractive to assimilate these topics.

Through taking this course I gained a new insight into the importance of emotional intelligence in both everyday life and in the workplace, in relationships with fellow teachers, but perhaps more importantly, in relationships with students and parents. I also feel that I have improved my critical thinking, emotion management and problem-solving skills. The fact that as a head teacher in this school year (2021-2022), I have managed to better manage the group of students and to solve in a timely manner some of the problems that have arisen (bullying, attitude of some students towards some teachers, non-attendance in class) I am convinced that it was also due to what I learned in the course held in Palermo. Also, a better understanding of and relationship with the students capable of performing led to very good results in geography competitions at county and national level.

Some of the things we learned at the course organized by ShipCon Limassol Ltd. we have used during some demonstration lessons in front of geography colleagues, as well as during symposiums organized by the Romanian Geography Society, Timiș branch.

Prof. Ancuța Cosmin