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Lifelong
Learning
Programme

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Lifelong Learning Programme - LLP



HOW TO USE THE GUIDEBOOK



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The aim of the Wellness project is to empower: professionals engaged in adult education and their learners in practical skills that allows them to handle daily challenges more effectively and enhance their level of wellbeing in a sustainable way.

Many professionals of the educational sector face working conditions characterized by a high level of emotional involvement and strong interpersonal demands. These conditions may lead to the burnout syndrome if professionals are unable to develop effective coping strategies and manage stress adequately.



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The Guidebook has been developed as part of the EU-funded project Skills for True well-being with the aim of disseminating the innovative strategies, techniques or learning activities developed and tested within the partnership.

This Guidebook offers a step-by-step guide to the construction of a learning path for adults based on the idea that the well-being affects the quality of teaching and learning, in a circular process and in a mutual relationship between teacher and learner and between classroom and real life.

Our experience shows that adult educators use guidebooks as resources to find new methods, strategies or learning activities when they intend to change something in their trainings or to adapt their teaching to challenging groups of learners. Nevertheless this guidebook is not an ABC for adult learning methodology; the authors believe that adult education methodology is known to adult educators and the correlation between aims, content, methods and assessment is familiar to readers. We encourage adult educators to take what is useful from this guidebook to enrich their own teaching strategies and combine it with material or procedural resources they have found useful in the past.

Our partnership relies on the belief that good adult educators make a significant difference between highly motivated adult

learners and poorly motivated ones. Good educators are familiar with a wide range of strategies to be able to adjust to a variety of learning styles and dispositions. The innovative strategies, techniques or learning activities shared in the guidebook were tested on diverse target groups. The examples we introduce in this Guidebook have resulted from testing the teaching-learning methods, techniques and activities in our pilot courses. We encourage our readers to be creative and to adapt our approaches to a certain learning context, specific group of adult learners and content.

STRUCTURE OF THE GUIDEBOOK

The Guidebook is organized in six chapters. Chapter 1, 2 and 3 present the Skills for True well-being project and partnership, as well as some basic information about this guidebook. Chapter 4 starts with our definition of “innovative strategies” and readers can find the charts showing the results of auto-rating activities held during the pilot courses. In Chapter 5 readers can find the tools the partnership developed, focused on the aim to increase awareness, knowledge and skills about stress, self-esteem, relationship and communication ability.

Each method, technique or learning activity is described, firstly by giving basic information about it and secondly, by introducing examples of practical use.