

English & Wellness of Mind and Body

This course will benefit:

Teachers and adult education staff who wish to develop personal well-being alongside professional skills

Staff interested in improving stress management, mindfulness, and emotional resilience in educational settings

Educators who want to explore wellness strategies that can be applied in the classroom to support learners' mental and physical health

Staff aiming to enhance work-life balance and promote a positive school culture

Participants interested in exchanging best practices with international colleagues on wellness, mindfulness, and holistic approaches to education

Objectives:

Improve English speaking, listening, reading, and writing skills

Improve vocabulary related to wellness of mind and body

Learn basic wellness techniques (breathing, stretching, mindfulness, journaling)

Practice wellness through yoga, meditation, and breathing exercises

To sample and enjoy Cypriot history and culture

To provide the platform for participants to acquire language skills to be able to teach and communicate in English more efficiently

Preparation - Pre-course preparative modalities:

Needs analysis

Online resources for pre-course, arrival and cultural information

Online language level assessment through the my.Bayswater platform

Practical arrangements - Intra-course modalities offered by the course provider:

Course tutor

Pedagogic learning materials included

Setting of learning objectives

Ongoing assessment and evaluation

Guidance and advice on homework exercises

Accommodation service & pastoral care: 24hr weekend emergency contact

City orientation tour

Optional cultural activities and visits

Access to my.Bayswater platform (for solo English language study)

Follow up provided - Post-course modalities:

Digital certificate of achievement

Validation of Europass Mobility

End-of-course test and programme evaluation

Post-course access to my.Bayswater platform for 3 months

For teachers and staff interested in improving stress management & mindfulness

Course ref: EPCY 14
English & Wellness of Mind and Body

EPCY 14.1 One-week

EPCY 14.2 Two weeks

Entry level:

- › For levels CEFR A1-A2+

Language of tuition:

- › English

Daily teaching sessions:

- › Morning: 4 x 45 minutes (3 hrs)
- › Afternoon: 2 x 60 minutes daily

Total course contact hours:

- › 1 week: 25 hours
- › 2 weeks: 50 hours

15

Maximum
class size

Course provider:

Bayswater Cyprus

- › OID E10023897 (PIC 911425484)
- › 138, Vasileos Constantinou, Limassol 3080, Cyprus
- › Tel: +357 25822923
- › E-mail: info@bayswater.ac

In association with:

- › Shadows Professional Development Ltd
- › OID E10070815

Course content and strategies:

General English

This course supports the development of English language skills alongside practical strategies for mental, emotional, and physical wellness. Participants engage in activities such as vocabulary building, role-plays, discussions on daily routines, and guided exercises including breathing, light movement, meditation, and journaling.

Wellness of Mind and Body - Module

Through collaborative, task-based methods, participants practice speaking, listening, reading, and writing in simple English while exploring work-life balance and positive habits. A supportive international environment encourages sharing experiences and best practices, helping participants leave with enhanced English communication skills and practical tools to promote personal well-being in both professional and everyday contexts.

Sample programme: *This is a sample of a schedule which can be adapted to suit the participants' needs.*

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
09:00 - 10:30	English language lesson	English language lesson	English language lesson	English language lesson	English language lesson
15 minute break					
10:45 - 12:15	English language lesson	English language lesson	English language lesson	English language lesson	English language lesson
5 minute break					
12:20 - 14:20	Wellness module*	Wellness module*	Wellness module*	Wellness module*	Wellness module*
Week 2					
Follows same schedule as week 1					

*Wellness module may include practical sessions

Outcomes:

Improved English language skills, including speaking, listening, reading, and writing, with vocabulary focused on wellness, health, and positive habits

Increased confidence and reduced anxiety in using English for communication in personal and professional contexts

Practical understanding and application of basic wellness techniques, including breathing exercises, stretching, mindfulness, journaling, and guided meditation

Ability to discuss emotions, daily routines, and strategies for maintaining physical, mental, and emotional balance in simple English

Enhanced understanding of the importance of work-life balance and strategies to incorporate wellness into daily life

Experience in collaborative, task-based learning through pair and group activities, role-plays, and realia-based tasks

Exposure to international best practices in wellness and adult education, promoting intercultural exchange and professional networking

**If your Erasmus+ National Agency has additional requirements not covered in our advertised course offers, please contact us and we would be pleased to design your course to meet these requirements.*

Course topics:

Reading skills

Exposure to and practice of main types of reading techniques to gain deeper understanding and focus attention on linguistic, semantic and surface details.

Writing skills

Formal and informal writing practice to develop fluency and understanding of register. Look at fundamentals of accuracy, cohesion and coherence. Writing activities may be set for homework.

Listening skills

Provision of a variety of listening activities to help students develop effective listening strategies for global comprehension and intensive listening.

Speaking skills

A range of activities to encourage communication is key in our teaching, to improve accuracy and fluency in authentic contexts.

Vocabulary

Vocabulary represents one of the most important skills necessary in learning a foreign language. Our lexical approach encourages the linking of words, chunks formed by collocations and fixed phrases.

Wellness of mind and body - Module

Participants will be introduced to the concept of wellness, covering physical, mental, and emotional aspects. Through guided breathing exercises, light movement and stretching, meditation sessions and journaling, participants will explore practical ways to support their well-being. The course also emphasizes the importance of work-life balance, helping participants develop strategies to maintain harmony and resilience in both personal and professional life.