

EMOTIONAL EDUCATION PROJECT FOR A HEALTHY LIFE AND AN EFFECTIVE JOB PLACEMENT

Our high school, as many others, has experienced an increase in the number of cases of emotional disorders after the pandemic. These situations affect both pupils and teachers in the same way. That's why we would like to stress the necessity of working with soft skills for both teachers and pupils.

The Comvas project states that the Ministry of Education is fully aware of the necessity to promote the personal personal knowledge, the emotional intelligence, the empathy and the interpersonal relationships as crucial aspects for the development of human beings.

That's the reason why a group of 20 Vocational Training teachers has decided to create a working group called "*Emo-Pro:emociones en Formación Profesional*". This team together with the Head teacher has designed some workshops aimed to develop strategies to deal with this situation.

The main purpose of this project is to get self- knowledge strategies such as, self -esteem, stress control tips or body and mind exercises. These strategies will be useful for both pupils and teachers.

The University of Almería ([Grupo de Investigación Internacional Comparada HUM1028](#)) will collaborate with us evaluating this project using statistics to see the results of our experience.

The Teachers' Training Office ([CEP Almería](#)) will collaborate with consuelling and training courses and providing us with specific bibliography useful for this project.

Starting this project is not an easy task; planification, strategies, meetings and time are needed. As there was no economic resources available,we have joined this project to other projects that we have in our hig school such as "[Innicia](#)", "[Cosmética natural IES Los Ángeles](#)", "[Alas Violetas](#)" and [Erasmus +](#)

The whole education community in our high school has participated and encouraged us to keep on working on this project .The benefits for both pupils and teachers are obvious and necessary.

We would like to thank the Head Master Team, the Teaching Staff , the different companies and all the families who have helped us to develop this project. Thank You all !