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*Designed to fuel your mind and
ignite your path to success.*

Course Overview

Topics	• Creativity, arts and culture • Physical and mental health, well-being • Cultural heritage • Initial and continuous training for teachers, trainers and other education staff	Target Audience
		Educators from diverse fields (primary, secondary, higher education), professionals working with groups, parents, health professionals, artists, and individuals seeking personal and professional growth.
Dates	08-12/07/2024, 15-19/07/2024, 05-09/08/2024, 19-23/08/2024	Duration
		5 days
Contact	courses@siseragreece.com www.siseragreece.com	Price
		400€

Course Description

Aims and Objectives

This course explores the role of art in enhancing overall well-being, self-awareness, and interpersonal connections. By examining the symbolic language embedded in various art forms, participants engage in practical and enjoyable experiences. The course aims to shed light on different facets of personal and professional life, leveraging the enriching potential of art.

Objectives:

- **Self-Exploration:** Cultivate a deeper understanding of oneself through reflections using diverse art forms.
- **Self-Esteem Building:** Utilize art's expressive nature to bolster self-esteem, fostering a positive self-image.
- **Communication Insight:** Investigate verbal and non-verbal communication, recognizing their importance in personal and professional contexts.
- **Relationship Development:** Explore the significance of belonging to a community, acquiring skills to establish and nurture robust, healthy relationships.
- **Art as Connector:** Discover how art serves as a unique tool for self-expression and establishing connections with others.

Learning Outcomes

By the end of this course, participants should gain:

1. **Enhanced Self-Awareness:** Develop the ability to introspect and gain insights into different aspects of personal identity and preferences.
2. **Boosted Self-Esteem:** Acquire strategies to utilize art for building confidence and promoting a positive self-image.
3. **Communication Proficiency:** Understand the nuances of verbal and non-verbal communication, enhancing interpersonal skills.
4. **Relationship Building Skills:** Cultivate the capacity to establish and maintain strong, healthy connections within a community or group.
5. **Artful Expression and Connection:** Harness the power of art to express oneself creatively and foster meaningful connections with others.

Daily Program

**subject to small adaptations, upon availability*

Day 1: Discovering Self through Art

- Welcome and Introduction to the Course.
- Ice-breaking activities: Participants introduce themselves through their favorite artworks.
- Overview of the main topics and objectives.
- Experiential workshop: Exploring proud moments and memories through art.
- Introduction to the symbolic language of art.

Day 2: Building Self-Esteem with Art

- Short presentation on self-awareness and self-esteem.
- Group activity: Reflecting on personal growth using art.
- Experiential workshop: Using art to express and boost self-esteem.
- Group discussion: Sharing insights on self-awareness and self-esteem.
- Evaluation and closure for Day 2.

Day 3: Communication and Artful Expression

- Understanding communication: Verbal and non-verbal aspects.
- Experiential workshop: Communicating through various art forms.
- Visit to the local municipal gallery.
- Group discussion: Analyzing communication through art.
- Evaluation and closure for Day 3.

Day 4: Relationships and Artful Connection

- Exploring the importance of belonging to a group.
- Group activity: Building collaborative art projects.
- Experiential workshop: Using art for building strong relationships.
- Guest speaker session on the relationship between art and psychosocial health.
- Evaluation and closure for Day 4.

Day 5: Reflection and Closing

- Welcome and recap of previous days.
- Assessment and reflection on the entire seminar.
- Overview of the entire course.
- Reflection activity: What to take home and what to leave behind.
- Closing ceremony, certificate distribution, and farewell.

Mobility Activities

**one or more mobilities may be included in the program*

☐ Cultural Exploration Through Local Arts	☐ Collaborative Art Project with Local Organizations
Participants will immerse themselves in the local cultural scene, attending art exhibitions, performances, or cultural events that resonate with the course theme. Reflection sessions will follow, connecting the cultural experiences with the course concepts and promoting personal insights.	Engage in a joint art project with local organizations dedicated to promoting psychosocial health through art. This collaborative initiative aims to integrate course learnings into a practical, community-oriented context, fostering meaningful connections among participants.
☐ Visit to Community Art Initiatives	☐ Online Networking Events with Art Professionals
Organized visits to community-based art initiatives will provide participants with firsthand exposure to the local application of art for psychosocial well-being. Reflection and discussion sessions following the visits will encourage participants to draw connections between theoretical knowledge and real-world practices.	Virtual networking sessions with art professionals will offer participants the opportunity to interact with experts in the field. Discussions will focus on the integration of art and psychosocial health, allowing participants to broaden their perspectives and establish connections beyond the immediate course environment.

Assessment Methods

Formative	Summative
Group Discussions and Reflections	Art Integration Lesson Plan
Experiential Workshops Feedback	Individual Project Reflection Paper
Peer Review of Art Projects	Culminating Project Presentation
Online Discussion Forums	Scenario Analysis

Teaching Methods

Scientific Presentations: Brief scientific presentations introduce key concepts. Establishes theoretical foundations for practical activities.

Experiential Workshops: Hands-on workshops for direct art-based experiences. Promotes personal and interpersonal well-being.

Group Discussions: Structured discussions for knowledge exchange. Fosters collaborative learning and collective understanding.

Visits to Cultural Events: Excursions to local cultural events and museums. Connects theoretical knowledge with real-world examples.

Guest Speaker Sessions: Invites experts to share practical insights. Offers diverse perspectives on art and psychosocial health.

Role-Playing Activities: Role-playing to apply course concepts. Enhances practical teaching and presentation skills.

Online Networking Events: Virtual events for professional connections. Facilitates ongoing collaboration through online forums.

Cultural Organization Visits: Local organization visits for real-world insights. Connects participants to community art initiatives.

CERTIFICATE OF ATTENDANCE & EUROPASS CERTIFICATION



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