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# **Empowerment: Burn Out-Prevention**

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***Pädagogisches Institut Salzburg***

Seminar design Module 3

**AUSTRIA**

***New ways of teaching and learning***

*8.Mai 03– 10.Mai 03*

## **A Preface**

In Module 3 in Salzburg we have a special group-situation. Some of our participants are trainers for new ways of teaching and learning themselves (especially alternative ways of learning), therefore we had to change the contents and targets of the seminar. Because of the needs of the participants we offered them a special way of learning, which was quite unknown and new, the so called outdoor-experience combined with intense self-experience. This was the result of our discussions with the participants in module two. Relating to the process-oriented way of planning, we used module three to follow exactly the wishes of the group. The main streams of seminar III were self-experience with outdoor-activities on one hand and on the other hand we offered useful information concerning time-management. In our planning we had to consider, that we could only choose some few and special outdoor-exercises, because of the physical and psychological condition of some of the participants. For our seminar we found a wonderful place in a famous village of Salzburg, beside a lake surrounded by woods and mountains. This location is an old path of pilgrims, which was used for many centuries. This location offered a perfect situation for the realisation of our planning.

## **B Aims/Targets of Module :**

- Encouragement of innovation in teaching
- Increased vocational satisfaction through new impulses
- Introduction in outdoor-pedagogic and exercises
- Exchange of experience and progress
- Checking of personal targets of module 1 and 2
- Using the nature as a source for personal recreation
- Time-management

## **C Persons involved**

### **1. Participants:**

16 teachers from primary and secondary schools

### **2. Trainers/Referents:**

Mag. Absolon-Plank

Dr. Angela Faber

## **D The seminar**

### **1. Date/ Place/Duration:**

08.05.15.00 -10.05.03, 17.00

in a seminar-hotel, overnight stay

### **2. Contents:**

Reflection about the own life : past-presence-future

Thinking about the own private and professional life-events

Exchange of experience and progress

Checking of personal targets of module 1 and 2  
Using the nature as a source for personal recreation  
Introduction in outdoor-pedagogic and exercises  
Inputs: nature-meditation – strategies to deal with problems and burden  
Reflection about different professional and private roles  
Time-management  
How do the participants see themselves and how is the impression of the group

### **3. Invitation:**

in the program for SoSe 03 of the Pädagogisches Institut Salzburg in  
[www.pi.salzburg.at](http://www.pi.salzburg.at) :

## **Akademielehrgang „Empowerment“ Modul 3: „Neue Lehr- und Lernformen“**

*Inhalte lt. Studienplan*

Zielgruppe: Teilnehmer/innen des Lehrgangs  
Zeit: Do, 8. Mai, 15:00 Uhr bis Sa, 10. Mai 2003, 16:00 Uhr  
Ort: Hotel Fürberg, St. Gilgen  
Referentinnen: ABSOLON-PLANK Inge, Mag.  
FABER Angela, Dr.  
N.N.  
Leitung: BREITFUSS-MUHR Gabriele, Mag.

### **4. Programme:**

#### **Thursday, 08.05.03 15.00-19.00**

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Wup: Body-awareness –exercise and meditation indoor and outdoor. Starting with the personal diary  
Program-presentation of module 3  
Theoretical input: the stages of Life (Erikson)  
Creative work with the own life-line

20.00 – open end  
Common walk to a little bay, fire, celebration – possibility to sleep outdoors under the sky

#### **Friday, 09.05.03, 7.30 – 8.30**

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Jogging and Yoga

9.30 – 12.30

Wup: easy outdoor-exercises  
Theoretical input: Outdoor- pedagogics  
Instruction for the following exercises in the nature (using the pilgrims-path): soft-exercises especially for the target group  
Group-reflection

14.30 – 18.30

Group-reflection

Connecting the personal outdoor-experience with the personal life-line up and downs

Theoretical input: Life-roles

Personal reflection and ideas for changing the own situation (too many roles, too few roles)

20.00 – 23.00

Wup: body-awareness: dancing

Writing and presenting of a fictive birthday speech (60<sup>th</sup> birthday)

### **Saturday, 10.05.03 7.30-8.30**

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Jogging and Yoga

10.00-13.00

Wup: Nonverbal communication – easy outdoor games

Theoretical input: Balance of life, timemanagement

Life-vision-questionary

Practical advice for better timemanagement

14.00-17.00

Small group exercise: selfconcept and perceptions of the group

Evaluation of the seminar

Preview of module 4: contents and methods, first class server, dates

Personal diary

## **E Learningpackage: Methods, Materials**

Integration of body and mind work

Atmosphere

Because of the participants got to know each other very well in the past modules, we could create a very open and confidential atmosphere. The participants enjoyed to meet each other and to tell about their own situation, progress and difficulties. In contrary to the first two modules, the general atmosphere, the mood was easier than before – also because of the personal progress everybody made from the beginning. Humour and movement were important factors for the success.

Using methods of the “outdoor-pädagogic”, The “pilgrims-path” or find some ideas eg: [www.wilderdom.com/Philosophy.html](http://www.wilderdom.com/Philosophy.html)

## **F Qualitative Evaluation**

### **1. Qualitative methods:**

Personal Diary

In the group we used symbols for the self and group-experience in the seminar. Everybody had the chance to put a personal symbol in a circle and explain the experiences.

## **2. Results:**

For some of the participants we could offer either complete new experiences (nature, outdoor) or reactivate positive experiences from the childhood (fire, outdoor sleeping, magic-places).

The pilgrims-path offered a concret possibility to deal with old wounds and to start to heal them.

To think about the personal time-management was a helpful instrument to improve the own situation.

The participants enjoyed the feedback of the group-members and build up their self-esteem.