

## SCHOOL SUBJECT HAPPINESS - A FIELD FOR MORE LIFE SKILLS AND JOY OF LIVING



It is high time to reconsider education and create opportunities in our schools for personal development, orientation on resources and team spirit, with the aim of relieving teachers, students and parents.

“School Subject Happiness” supports adolescents in achieving a successful life - actively and self-responsibly.

The goal of the concept is to experience the joy of life and the joy of performance in school, to see and understand obstacles as challenges and to feel the unity of body, spirit and soul.

The adolescents are supported in growing up to be resilient, self-confident, creative and responsible individuals.

### TARGET GROUP

This professional development program is targeted toward teachers of all levels, educators, pedagogical personnel within the educational sector, trainers, coaches and instructors for apprentices.

### CONTENT

This modular advanced training imparts methodical background and theoretical knowledge, ensuring practical relevance through self-experience.

The course comprises the following topics:

#### Joy of life

- ◇ Trust and appreciation
- ◇ Detection of strengths
- ◇ Resource and solution orientation
- ◇ Systemic questioning techniques

#### Dreams and life motives

- ◇ Values, motives, finding meaning
- ◇ Harmony of goals, orientation on solutions

#### Life movement

- ◇ Mindfulness in dealing with one's own body
- ◇ Making holistic decisions based on body, spirit and soul

#### Harnessing of design potentials

- ◇ Planning strategies
- ◇ Mastering challenges
- ◇ Theatre pedagogy

#### Adventure in everyday life

- ◇ Communication
- ◇ Self-control, resilience

#### Inner well-being

- ◇ Reflexion, reframing
- ◇ Physical and mental balance
- ◇ Seeing oneself as a part of nature, being in balance with oneself and others

### LECTURER



Dominik Dallwitz-Wegner is cofounder and manager of the Fritz-Schubert-Institute (FSI) and visiting lecturer for “School Subject Happiness”.

He gives seminars on topics including happiness, satisfaction and positive intelligence and advises companies on the implementation of these topics. Dominik Dallwitz-Wegner is a speaker and author in the field of happiness research and is a member of the board of the European network of positive psychology.

### APPOINTMENTS

The six modules of the advanced training take place on Fridays (14:00 – 20:00), Saturdays (9:00 – 18:00) and Sundays (9:00 – 17:00). Modules cannot be booked individually.

Current appointments can be found here:

[www.diesinnstifter.at/weiterbildung/organisatorisches](http://www.diesinnstifter.at/weiterbildung/organisatorisches)

### COST

The cost for the total advanced training is € 2,880.00 including VAT, lecture scripts as well as the fee for certification which is issued by the FSI. Costs for board and lodging are not included.

### LOCATION

The advanced training takes place in Vienna.

## YOUR BENEFIT

This advanced training enables you to didactically set up and teach "School Subject Happiness". You will be further trained in systemic and solution-orientated points of view, in basic principles of mental training with students as well as in music, theatre and art techniques.

The concept fosters life competence and enables students to come to terms with the challenges of our time.

The course also strengthens your personality as an educator and offers support in designing and defining your own goals.

## YOU PROMOTE

- ◇ an increase in physical, emotional and social well-being called for by the WHO
- ◇ your school's culture, especially improving relationships between teachers and students
- ◇ your own health and mental balance
- ◇ the ability of self-motivation and ease of mind
- ◇ the personal development and resilience of children and adolescents

## PERSONAL PRECONDITIONS

It is advantageous to show an academic or similar qualification in pedagogical subjects as well as around 3 years of professional experience in either pedagogical or educational fields.

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## ADVANCED TRAINING "SCHOOL SUBJECT HAPPINESS"



In Cooperation with the  
Fritz-Schubert-Institute (FSI)

