WELL-BEING IN NETWORKING SCHOOLS

NEWSLETTER

Co-funded by the European Union

Train the trainer CPD Programme

SIBIU (Romania)

September-October 2025

Empowering teachers to become wellbeing ambassadors



From learning about wellbeing to experiencing it!!!!

The three-day training in Sibiu offered participants an opportunity to explore the science and practice of wellbeing through an engaging combination of interactive workshops, individual challenges and group activities.

1. Building a personal WINS Toolkit
2. Wellbeing is also about connecting!
3. Wellbeing is experiencing!



WELL-BEING IN NETWORKING SCHOOLS

Train the trainer Programme

Co-funded by the European Union

SIBIU (Romania)

September-October 2025



Wellbeing in action: Two key moments!!!

Two unique experiences combining adventure, teamwork and self-reflection to turn wellbeing into something to practise and share.



The WINS Wellbeing Quest turned the streets of Sibiu into an open-air learning adventure! Working in multicultural teams, participants explored the city through clues, challenges and playful activities, putting wellbeing strategies into practice while strengthening teamwork, creativity and connections across cultures.



At the Turda Salt Mines, participants took part in the Self 1 & Self 2 experience, exploring the importance of self-care, self-compassion and listening to their own needs. Inspired by the idea of treating ourselves with the same kindness we offer others, the activity encouraged personal reflection and a deeper connection with oneself.

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

OUR PARTNERS

PORTUGAL | ITALY | GREECE | FRANCE | LITHUANIA | ROMANIA