

Focusing for School Teachers is part of an organizational school development plan which aims at

- Maintaining and strengthening organizational processes for communication and self-determination;
- Improving job-satisfaction and long-term mental health; and
- Providing personal development training (In-house) for day-to-day handling of stress at work.

Focusing for School Teachers can also be carried out as separate seminars, e.g. through teachers' union.

First Workshop:
August 8, 2010

Participating teachers so far:
80

Methods:

- Inner Relationship Focusing as underlying, integrating model;
- Communication Skills (e.g. collaboration, complaining vs. requesting, team building);
- Coaching (e.g. methods of identifying issues or potentials, follow-up);
- Mindfulness (e.g. maintaining presence, use of awareness);

Workshops conducted or scheduled (March 5, 2011):

- 1st introductory seminar at school 1;
- 2nd introductory seminar at school 1;
- 1st advanced seminar scheduled this summer at school 1;
- Two introductory training modules at school 2;
- 1-day training with teachers' union in Germany (GEW NRW);
- Follow-up seminar scheduled with teachers' union in Germany (GEW NRW);
- 1-day training with teachers' union in Germany (GEW Nordverbund: Hamburg, Schleswig-Holstein, Bremen) scheduled;
- One training module for an "education day" in Schleswig-Holstein (GEW Segeberg) scheduled; and
- Negotiation phase with school 3 for an organizational school development program.

Listings:

- Focusing Kompetenz Zentrum is listed as provider for skill enhancement of school teachers in Niedersachsen, Bayern and Nordrhein-Westfalen (federal states of Germany)
- School projects are featured as "Good Practice of the Month" at INQA.de and Gefährdungsbeurteilung.de



Background and further information:

- Gendlin, E.T. (2008). Vision Statement for Focusing - Action Steps and Projects. The Folio, 21 (1), 367-376. This text is available, in a revised version, at <http://www.focusing.org/vision>
- Project details at INQA.de: <http://www.inqa.de/Inqa/Navigation/Gute-Praxis/datenbank-gute-praxis,eDid=8637.html>
- Project details at Gefährdungsbeurteilung: http://www.gefaehrdungsbeurteilung.de/de/gute-praxis/fritz_winter_gesamtschule
- General Description at Wikipedia: <http://de.wikipedia.org/wiki/Focusing>