



CORE Academy: 2-Year Teacher Training in Preventative Work

The CORE Academy offers a comprehensive two-year teacher training program designed to equip educators with the knowledge, skills, and mindset needed to implement preventative education grounded in the CORE principles of Clear-minded, Open-hearted Resilience Education. This program goes beyond traditional teacher training by integrating emotional wellbeing, social stability, and personal growth into everyday teaching practice.

Teachers trained as CORE Prevention Specialists are equipped to work with children in kindergartens, schools, daycare centres and children's homes.

Program Overview

Over two years, participants will explore the theoretical foundations of CORE, alongside practical strategies for embedding preventative approaches in schools or other pedagogical settings. The course is structured to support teachers in becoming Warm–Clear leaders who can foster emotionally safe and intellectually stimulating environments.

Key features include:

- **Deep understanding of the F-, R-, and C-axes:** Teachers learn to balance form (F-axis), relationships (R-axis), and connection to self and others (C-axis) to support holistic student development.
- **Practical application of Warm–Clear principles:** Educators develop strategies to provide guidance with both clarity and warmth, promoting emotional regulation and resilience in students.
- **Preventative frameworks:** Participants gain expertise in early interventions and strategies to address challenges such as bullying, disengagement, and emotional dysregulation before they escalate.
- **Reflective practice:** The program emphasizes self-awareness and teacher wellbeing as essential components of effective education.
- **Clear grounding in the 3 Principles:** Educators learn to understand the determinants of human behaviour and learn to facilitate insight-driven learning, enabling students to develop resilience, self-regulation, and a sense of personal responsibility naturally.



- **Warm–Clear Leadership in the Classroom:** Teachers develop the ability to guide students with both clarity and empathy, setting boundaries while nurturing emotional security.
- **Balanced Application of the F-, R-, and C-Axes:** Educators learn to structure lessons, foster relationships, and support personal connection, ensuring holistic development across academic, social, and emotional dimensions.
- **Preventative Intervention Skills:** Participants gain expertise in identifying early signs of emotional or social challenges and implementing proactive strategies to support student wellbeing.
- **Reflective and Mindful Practice:** Teachers cultivate the capacity to maintain their own wellbeing, reflect on their practice, and model self-awareness and resilience for students.
- **Whole-School Impact:** Educators are equipped to lead initiatives that promote a culture of emotional wellbeing, social cohesion, and inclusive learning across the school community.

Structure

The course is delivered over **three intensive blocks per year**, with a combination of:

- **Workshops and seminars**, interactive sessions exploring CORE theory, research, and practical application.
- **School placements**, opportunities to implement CORE strategies in real classroom settings.
- **Peer coaching and mentorship**, ongoing support from experienced CORE practitioners to refine teaching approaches.
- **Reflective assignments and projects**, participants document and analyze the impact of their interventions, reinforcing the link between theory and practice.

Learning Outcomes

By the end of the program, teachers will be able to:

1. Apply CORE principles to create emotionally safe, inclusive, and supportive learning environments.
2. Recognize early signs of emotional or social challenges and implement effective preventative interventions.
3. Integrate personal and professional wellbeing into everyday teaching practice.



4. Lead school-wide initiatives promoting resilience, social cohesion, and positive mental health.
5. Contribute to a whole-school culture where students are empowered, understood, and “at promise.”

Who Should Attend

This course is designed for anyone working directly or indirectly with children and young people who wants to integrate preventative, wellbeing-focused strategies into their practice. Participants may include:

- Classroom teachers seeking to embed emotional wellbeing and resilience-building approaches alongside academic learning.
- School leaders and administrators aiming to implement a proactive, whole-school culture of mental health, social cohesion, and personal growth.
- Specialist educators such as learning support teachers, SEN coordinators, and pastoral staff who work with diverse student needs.
- Social workers, youth workers, and counsellors supporting children in school or community settings.
- Classroom assistants and teaching aides who interact daily with students and can reinforce CORE principles in everyday practice.
- Extracurricular leaders, mentors, and coaches wishing to foster resilience, self-awareness, and social skills in their programs.
- School psychologists and wellbeing practitioners looking to align preventative strategies with CORE’s holistic approach.

This program is suitable for any professional committed to creating emotionally safe, connected, and resilient learning environments, whether in schools, youth centres, or community settings.