

Course syllabus for ERASMUS+ incoming students

Course Title	
Mindful Communication and Well-being in a Global World	
Academic Teacher	Roman Martynów, MA
E-mail	roman.martynow@ansleszno.pl
ECTS credits	5
Number of hours	120
Course code	INT-IP-MCGW-26
Course description	
This course explores the connections between mindfulness, effective communication, and personal well-being in multicultural environments. Students will develop practical skills in active listening, empathy, emotional intelligence, stress management, and intercultural communication. Through interactive workshops, discussions, reflective activities, and case studies, participants will learn how to build meaningful relationships, collaborate effectively in diverse teams, and enhance their well-being in academic and professional contexts. The course combines theoretical insights with practical applications, encouraging students to become more self-aware, resilient, and mindful communicators in a globalised world.	
Learning outcomes - course content	
What is mindfulness? Attention, awareness and presence in everyday life Communication patterns and mindful listening Emotional intelligence and empathy in interpersonal communication Stress, burnout and strategies for maintaining well-being Digital well-being and conscious use of technology Intercultural communication and understanding others Building meaningful relationships in multicultural environments Practical mindfulness techniques for students (breathing, reflection, journaling) The course is assessed on a continuous assessment basis. The final grade consists of: • active participation and engagement during classes – 30%; • reflective journal and self-development tasks – 30%; • individual or group presentation/project on a selected topic – 40%.	

Students are expected to attend classes regularly and demonstrate active participation in practical activities and discussions.
Student workload (self-study description)
Students are expected to engage in independent learning activities that complement classroom instruction. Self-study includes reading selected academic texts, reflecting on course topics through a learning journal, analysing communication and well-being case studies, preparing an individual or group presentation/project, and completing assigned tasks related to mindfulness, intercultural communication and teamwork
Literature
Kabat-Zinn, J. (2013). Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness. New York: Bantam Books. Rosenberg, M. B. (2015). Nonviolent Communication: A Language of Life. Encinitas, CA: PuddleDancer Press. TED Talk: Celeste Headlee, 10 Ways to Have a Better Conversation. TED Talk: Matt Killingsworth, Want to Be Happier? Stay in the Moment. Harvard Business Review. Selected articles on teamwork, psychological safety and effective communication. Available at: https://hbr.org