



Empowering Teachers across Europe to deal with Social, Emotional and Diversity related Career Challenges

Newsletter no. 5/2023

Welcome to *HAND IN HAND: Empowering Teachers Across Europe to Deal with Social, Emotional and Diversity Related Career Challenges* (HAND:ET) biannual project newsletter! HAND:ET Consortium will use this path to share news about the project as well as the scientific and other related information on the topic of the project.

HAND:ET Program implementation in the finish line!

We are happy to announce that we are at the finish line of the implementation of the HAND:ET program.

While some countries have already held the last sessions, other final meetings are being held in the upcoming weeks. Final meetings are marked by reflections, appreciation and acknowledgments.

What comes next is the second phase of data collection and we are excited to see the impact of our program.

We would like to take this opportunity to thank all the beneficiaries for their dedication, patience and belief in themselves, the program and the trainers and the trainers as well for all the hard work behind it.

Thank you and we hope this experience doesn't end here, but it becomes intertwined with your future practices as well.

Learning opportunities

Child-teacher Dialogue: A Participative Approach to Making Lessons More Inclusive

Within the HAND:ET project we are proceeding to raise awareness on the HAND:ET relevant topics and key concepts for *supporting teachers' well-being and developing their socio-emotional competences and diversity awareness (SEDA)*. In the upcoming webinar, we are focusing on the different approach to *supporting teachers in responding to learners' diversity in the classrooms* and that is by implementing a *collaborative action research model – inclusive inquiry*.


Representatives of the University of Graz will share their experience from the Erasmus+ project *Reaching the 'Hard to Reach'* (2017-2020) where they implemented this participative approach based on the *child-teacher dialogue* which *requires teachers and students to participate actively as research partners* alongside colleagues from universities, with the aim of improving classroom practices.

Participants will have the opportunity to learn more about the materials and practical instruments that enable the *participation of students and researchers in lessons reflection and planning to include all children in lessons*, especially those seen as *hard to reach* (e.g., Inclusive Inquiry Guide, Student's Voices Toolkit) as well as to get to know the theoretical background behind this approach.

The webinar will take place online on the Zoom platform so make sure to follow HAND:ET social media channels ([FB](#), [TW](#)) for updates about the date, time and registration!

Resources

Supporting the teacher well-being: Key for the prevention of teacher burnout and drop-out from the profession



Webinar
**Supporting the teacher well-being:
Key for the prevention of teacher
burnout and drop-out from the
profession**
28th February, 2023
11:00 am online
Lecturers: Jelena Matić Bojić, Iris Marušić & Ivana Pikić Jugović
ISRZ - The Institute for Social Research in Zagreb

In the last HAND:ET webinar we focused on the topic of *supporting teachers' well-being and developing their socio-emotional competences and diversity awareness (SEDA)* from the angle of *prevention of teacher burnout and drop-out from the profession*.



[Institute for Social Research in Zagreb \(ISRZ\)](#) team members Iris Marušić, Jelena Matić Bojić and Ivana Pikić Jugović addressed the topic that is increasingly becoming at the forefront of researchers', policy makers' and school leaders' attention. *A full recording of the webinar is available [here](#)*. We have also discussed with ISRZ team this topic in the *interview article focusing more on their experiences from the practice and HAND:ET program implementation – check it out [here](#)*.



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Become an advocate for supporting the teachers' well-being!



EMPOWERING TEACHERS'
SOCIO-EMOTIONAL COMPETENCIES
FOR DIVERSE CLASSROOM



In the HAND:ET project, we acknowledge that teachers are working in an increasingly diverse classrooms which makes their profession complex, diverse, and dynamic. We believe that a remedy for this challenge is found in the continuous professional development of teachers and advocate ***for supporting teachers' development of social and emotional competencies as well as their diversity awareness (SEDA)*** in the initial and in-service teacher education.

We have developed a video material aiming to ***raise awareness about the importance of supporting and empowering teachers' socio-emotional competencies for diverse classrooms*** sending the message that nourishing teachers' well-being will help society flourish.

The video is available on the [HAND:ET YouTube channel](#), make sure to check it out and by sharing it with relevant stakeholders ***you can also become an advocate for supporting teachers' well-being through professional development programs*** that integrate social and emotional competencies and diversity awareness into the continuous professional development of teachers and other school staff.

News & Events

Raising awareness and sharing the understanding about the importance of SEDA competences

HAND:ET team is always taking the opportunity to raise awareness on the topics of socio-emotional competences and diversity awareness (SEDA) and to share knowledge about the key concepts HAND:ET project is based on. In the last couple of months HAND:ET teams participated in numerous events involving various relevant stakeholders. We are highlighting just a few of them.

- ***HAND:ET project and first Austrian results presented at ICTCE, Aveiro, Portugal***

In February, Valerie Fredericks, HAND:ET team member from [University of Graz](#) participated at the [First International Conference of Teachers' Continuous Education \(ICTCE\)](#) in Aveiro, Portugal presenting the HAND:ET project and its core concepts to scientists, pedagogues and other professionals from the field of (continuous) teacher education. For two days, the participants had the opportunity to listen to inspiring contributions and research reports, to discuss and to network on an international level.

- ***HAND:ET presented to principals and teachers from Wales and Northern Ireland***

In February, HAND:ET project partners from Croatia, [Institute for Social Research in Zagreb \(ISRZ\)](#), have taken the opportunity to present the HAND:ET project, main ideas behind it and activities focused on supporting teachers' well-being to the school principals and teachers from Wales and Northern Ireland who visited ISRZ, as a part of the Professional Learning Communities and The International Study Visits programs, organized by the British Council Croatia. The visit was focused on the well-being and mental health of students and teachers and provided the space for the exchange of information and initiatives implemented in ISRZ and schools in Wales and Northern Ireland.

- ***HAND:ET @ URBI Research Day, Graz, Austria***

On March 23th, the *Faculty of Environmental and Regional Sciences and Education* of the [University of Graz](#) organized the [Research Day 2023](#) gathered students, staff and other Austrian educational institutions, national and international scientists and other professionals in the field of education science to get an insight in the faculty's research projects. On behalf of the HAND:ET project, Valerie Fredericks from the University of Graz presented an overview of the project with a special focus on the core concepts and their importance for teachers' professional development.

- ***HAND:ET trainings in Austria continue in the autumn 2023***

Valerie Fredericks from the *University of Graz* presented the HAND:ET project at the quarterly [Inclusive Education Network](#) of the Austrian province Styria which brings together educators and representatives of various institutions in the area of inclusive education. The presentation not only provided an overview of the entire project but also emphasized the training program and its contents, and gave an insight into the experiences of the teachers who have already been able to get to know the HAND:ET training as participants in the implementation phase.



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Once the implementation is finalized, the HAND:ET trainings will continue to be offered as part of the continuous teacher education in Austria. Starting in autumn 2023, a two-day HAND:ET training will be available through the *Private University College of Teacher Education Augustinum*, and interested teachers can easily register for it online.

- **HAND:ET @ Annual Regional School Conference in Sundsvall, Sweden**

HAND:ET project member and trainer Magnus Oskarsson, associate professor from Mid Sweden University (MIUN) presented the HAND:ET project activities and mission to more than 100 stakeholders in Sweden, from the regions, Västernorrland, Jämtland and Gävleborg at a two-day conference in Sundsvall this March. The discussion was focused on teacher careers, empowering teachers to stay in their profession and supporting their well-being and HAND:ET activities and methods were presented as one way to support teachers and their well-being.

HAND:ET @ GEBF conference in Essen

HAND:ET @ Debate cycle of FENPROF

HAND:ET @ Conference "(In) Dependências Oportunidades e Riscos Online"/ (In) Dependencies Opportunities and Risks

HAND:ET @ Teachers' network meeting in Portugal

HAND:ET @ "Março Jovem" Loures City



HAND in HAND: Ein Lehrkräfte-Trainingsprogramm zur Förderung Sozio-Emotionaler Kompetenzen und Diversitätsbewusstseins

Mojca Rožman, Nina Roczen, Johannes Hartig, Valerie Fredericks, Ana Kozina, Magnus Oskarsson, Saša Puzić & Gina Tomé

Lehrkräfte sind mit einer Vielzahl von Herausforderungen wie neuen Qualifikationsanforderungen, rasanten technologischen Entwicklungen und einer zunehmenden sozialen und kulturellen Vielfalt konfrontiert. Das EU Erasmus+ Projekt „HAND in HAND: Empowering teachers across Europe to deal with social, emotional and diversity related career challenges“ unterstützt Lehrer*innen mit einem System aus Trainings und regelmäßiger Supervision, diesen Herausforderungen erfolgreich zu begegnen.

- Das HAND in HAND Programm**
- achtsamkeitsbasiertes Trainingsprogramm
 - integriert Elemente aus familientherapeutischen Ansätzen, Trainings zu Diversitätsbewusstsein und Antidiskriminierung
 - eingesetzt und evaluiert in Kroatien, Österreich, Portugal, Schweden und Slowenien

Sozio-emotionale Kompetenzen und Diversitätsbewusstseins

<p>Soziales Bewusstsein</p> <ul style="list-style-type: none"> • Fähigkeit, unterschiedliche Perspektiven einzunehmen • Respekt gegenüber anderen • Wertschätzung von Diversität <p><i>Beispielspiel Empathie: „Wenn ich sehe, dass jemand ein Geschenk bekommt, das für die Frau, frage ich mich auch.“</i></p>	<p>Soziale Kompetenzen (CASEL, 2011)</p>	<p>Emotionale Kompetenzen (CASEL, 2011)</p>	<p>Diversitätsbewusstsein</p> <ul style="list-style-type: none"> • Anerkennung von Unterschiedlichkeit in Bezug auf Kultur, sozialen Kontext, Geschlecht, Ethnizität, sexuelle Orientierung, körperliche Fähigkeiten und Religion • Wissen, Fähigkeiten und Einstellungen für das friedliche Zusammenleben in diversen Gesellschaften • kritisches Verständnis von Ungleichheiten und Ungerechtigkeiten <p><i>Beispielspiel Überzeugungen in Bezug auf Diversität: „Die Schüler sollen lernen, dass Menschen unterschiedlicher kultureller Herkunft viel gemeinsam haben.“</i></p>
<p>Beziehungskompetenz</p> <ul style="list-style-type: none"> • konstruktive Beziehungen aufbauen und pflegen • Zentraler Aspekt: Kommunikationskompetenz <p><i>Beispielspiel Beziehungskompetenz: „Wenn eine Schülerin in dich unangenehme Verhalte versuche ich zu verstehen, was sich hinter dem Verhalten verbirgt.“</i></p>			<p>Selbstwahrnehmung</p> <ul style="list-style-type: none"> • eigene Emotionen, körperliche Empfindungen und Gedanken sowie deren Einfluss auf das Verhalten erkennen <p><i>Beispielspiel Achtsamkeit im Unterricht: „Wenn ich antreffe, scheint es mir als ob ich automatisch handle, ohne mir bewusst zu sein, was ich tue.“</i></p>
			<p>Selbstmanagement</p> <ul style="list-style-type: none"> • eigene Emotionen, körperliche Empfindungen, Gedanken und Verhaltensweisen angemessen regulieren <p><i>Beispielspiel Emotionale Selbstregulation: „Wie gut gelingt es Ihnen, sich aufzumuntern, wenn etwas Unangenehmes passiert ist?“</i></p>

CICLO DE DEBATES 2023

em VIDEOCONFERÊNCIA

Exclusivo para sindicalizados nos sindicatos da FENPROF

Os debates realizar-se-ão entre as 17h-20h

