



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

Newsletter no. 2/2022

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.

News

HAND:ET in Zagreb

We have started the 2022 with the two-and-a-half-day project meeting hosted by our Croatian partner, [Institute for Social Research in Zagreb](#). The meeting was held in hybrid mode, both in Zagreb and online.

Consortium carefully revised the plans and upcoming activities creating mitigation strategies and making sure they are in line with the world of uncertainty we are living in. Moreover, many interesting initiatives, ideas and plans were shared and discussed for the upcoming activities so follow us to see what we prepared.



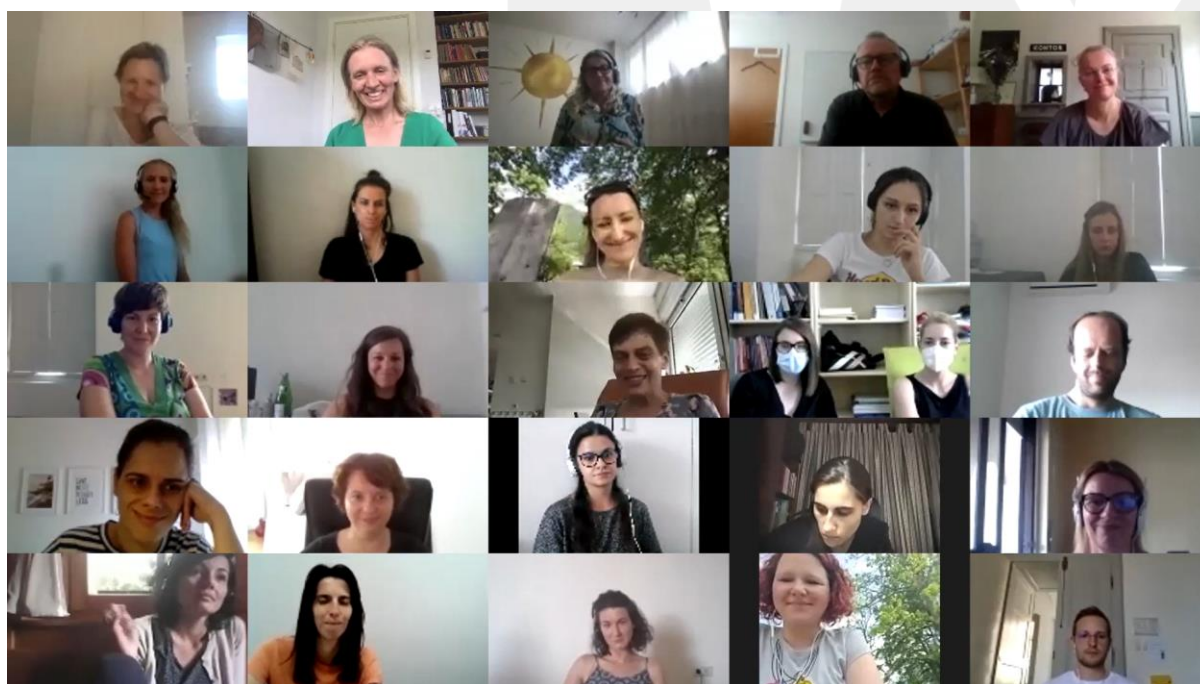
We have Trained the Trainers

We are happy to announce that the process of training for national trainers from partner institutions (Train the Trainers) is fully implemented.

More than **40 participants**, future HAND:ET program trainers **from five implementing countries** (Austria, Croatia, Portugal, Slovenia and Sweden) participated in learning and growing in the area of social and emotional competencies (SE), mindfulness and diversity awareness (DA).

First part of the training, led by our partners from the [Danish Center for Mindfulness](#) (DCM) established as part of the Department of Clinical Medicine at Aarhus University (AU), started in June 2021 with introduction and overview of the core concepts revolved around SE, DA and mindfulness such as: self-awareness, self-management, social awareness, responsible decision making, relationship skills and relational competence. Building on that, trainers participated in the 8-week course on the **Mindfulness Based Stress Reduction (MBSR)** hosted by our partners from the [Danish Center for Mindfulness](#) (DCM) established as part of the Department of Clinical Medicine at Aarhus University (AU). MBSR is an 8-week evidence-based, experiential programme, designed to provide participants with intensive and systematic training in mindfulness meditation and movement practices, and integrating into one's daily life what is discovered and learnt through the process of participating in the course.

Our trainers have also had additional training on the training specific exercises and elements that will be part of the final program for the teachers, as well as on the diversity awareness implemented by our partners from the [Mid Sweden University](#), introducing the relevant concepts to the trainers such as intersectionality and emphatic curiosity.





Ready for the implementation

The HAND Empowering Teachers Programme is in its final stage of finalization. The Programme will be based on the experiences and lessons learnt from our previous project but also the new state of the art (and scientifically validated – quasi-experimental design) results. It will also involve the teacher's participatory development of activities to be used with students. Main themes that will be covered include:

- Self-awareness;
- Relations and communication;
- Understanding diversity with special emphasis on the diversity in the classroom;
- Under pressure – what happens?
- Empathic curiosity.

The Programme will be presented to the Consortium this spring by the lead partners of this activity and the training the trainers: [Danish Center for Mindfulness](#) (DCM) and the [Mid Sweden University](#). After the implementation in schools programme will be open and available for any interested party on our [web page](#) so make sure to follow our [Facebook page](#) to be informed about the progress and updates.

School selection in progress

As the program is being finalized and implementation is approaching, HAND:ET partners have started the school invitations and recruitment process in all implementing countries. The school selection process is already finalized in Slovenia, but we encourage all interested teachers, principals and school counsellors from [Austria](#), Croatia, Portugal and Sweden to contact us via our [FB Page](#) and we will connect you with our partners leading the implementation in schools in your country.

Events

HAND:ET presentations

Research Day & NIB – Inclusive Education Network

On November 4th, 2021, HAND:ET was presented at the annual Research Day of the Educational Science Department of the University of Graz. After a short brief project presentation, the participants could take part in a guided mindfulness exercise and thus get an impression of the training content being developed in HAND:ET. Additionally, HAND:ET was presented at an online conference network meeting of the "Network Inclusive Education" (NIB). NIB is an exchange platform of Styrian inclusive education institutions. Its aim is promoting networking and cooperation between professionals and institutions in the field of inclusive education.

SAVE THE DATE!

On April 28th the [RCIE - Research Center for Inclusive Education](#) is hosting a conference at which HAND:ET will be presented alongside other inclusive projects. Stay tuned for the RCIE-newsletter with more detailed information that will be linked to the HAND:ET webpage and social media soon.

Resources

Overview of the research literature on the teacher well-being from the last two decades

While in the HAND:ET project we are still collecting and developing our data and materials, we would like to share with you an interesting and relevant article on the topic of the teacher well-being authored by Tina Hascher and Jennifer Waber. The paper aims to contribute to the clarification of the construct teacher well-being, add knowledge about the prevalence of teacher well-being and systematize predictors and outcomes of teacher well-being by using a systematic review of peer-reviewed papers published between the years 2000-2019. Total of 98 studies were included in the final analysis and some of the main highlights include:

- social relationships play an important role for teacher well-being,
- outcomes of teacher well-being need more research attention,
- research on predictors and teacher well-being interventions need to be aligned.

Full article is available at the Educational Research Review, [check it out](#).