



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

## Newsletter no. 6/2024

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 & Events

#### Final dissemination event(s)

Final months of the HAND:ET project were focused on dissemination of the results and outputs acquired throughout the three years of the project implementation.



We've wrapped up the last year by raising awareness about the importance of supporting teachers' well-being based on the knowledge and experience gathered within the HAND:ET project by [taking part in the international conference "ARISE for WELL BEING - Improving the quality of educational experience by reducing the impact of inequalities"](#).



The new year was opened with [the learning event 'Empowering Teachers to Deal with Career Challenges'](#) dedicated to deepening the understanding of how to empower teachers to navigate career challenges effectively and creating a valuable platform for educators and professionals to enhance their understanding of teacher well-being, socio-emotional competencies, and effective strategies for dealing with career challenges.



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Final national dissemination events also took place this year, check out how it went:



[Austria](#)



[Croatia](#)



[Denmark](#)



[Slovenia](#)

Lastly, we have also marked the culmination of the **HAND:ET project with [online final event](#)** where we shared invaluable insights into the key concepts, outcomes, and findings of the Hand Empowering Teachers Programme as well as the policy recommendations for supporting the teachers' well-being.

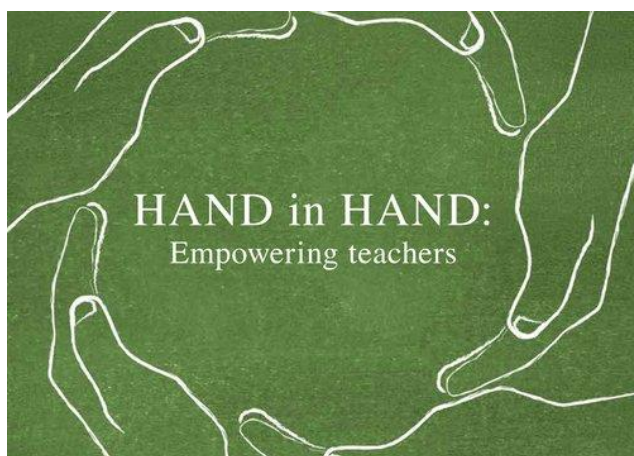
### **Participants: Experiences & Reflections**

Hand in Hand: Empowering Teachers Training Program to develop teachers and other school staff SEDA competences was implemented in schools across five countries (Slovenia, Croatia, Sweden, Austria and Portugal). We have created several **videos that offer an insightful glimpse into the experiences of participants in the HAND:ET Programme**. Join us on a transformative journey with educators who have participated in the Hand in Hand program – take a look at the videos [here!](#)

## Resources

In this final Newsletter, we are sharing with you many relevant resources directed **towards supporting educators' socio-emotional competencies and diversity awareness (SEDA)**. Take a look and feel free to use them in advocating for supporting teachers' well-being!

### Hand in Hand: Empowering Teachers – A training Programme to develop social and emotional competencies and diversity awareness in teachers and other school staff



HAND:ET program is developed for the trainers committed to the continuous professional development of teachers and educators and it is tailored to foster the development of social and emotional competencies and diversity awareness (SEDA competencies).

Basis of the programme are mindfulness practices, dialogue exercises, active listening exercises, exercises developing personal language, diversity-targeted exercises, group and pair work as well as individual exercises. It also features the theory sections, providing context and connecting theoretical concepts to practical exercises.

Moreover, the programme recognizes the diverse contexts of training and empowers trainers to modify explanations based on their country's specific nuances.

The Programme (EN, DE, HR, PT, SI and SV language), including the tutorials for some of the exercises is available [here](#).

### Hand in Hand: Empowering Teachers – Evaluation Report

**HAND: Empowering Teachers Programme was tested by using a quasi-experimental design with control groups** (before/after effects) in five consortium countries (Slovenia, Croatia, Sweden, Austria, Portugal), teachers (primary and lower secondary) being the direct target group. Additionally, we also included principals and school counsellors.

Learn more [here](#)!

## HAND:ET recommendations for supporting teachers' social, emotional and diversity awareness competencies in educational policies and practices

Ana Kozina (ed.)

### Empowering Teachers Across Europe to Deal with Social, Emotional and Diversity-Related Challenges

Volume  
1

Experimentation  
Perspectives

WAXMANN

## Hand in Hand: Empowering Teachers Policy Guidelines

**HAND: Empowering Teachers Guidelines for upscaling the HAND:ET Programme across the EU and other countries** (not participating in the project) were developed, taking into consideration the evaluation of the HAND: Empowering Teachers system for SEDA learning of teachers (whole-school teams) and policy study conducted.

The overall goal was to model the system-level solutions for support of SEDA education across the EU.

Learn more [here!](#)

## Empowering Teachers Across Europe to Deal with Social, Emotional and Diversity-Related Challenges - Monograph

**Empowering Teachers Across Europe to Deal with Social, Emotional and Diversity-Related Challenges Volume I: Experimentation Perspectives** delves into the innovative fusion of social and emotional competencies with diversity awareness, offering insights into its conceptualization, implementation, and evaluation processes. Through experimental trials conducted across European countries, Volume I serves as a testament to the transformative potential of fostering SEDA competencies in educators.

Complementing this experimental exploration, **Volume II: Policy Perspectives** will shed light on the role of policy in bolstering these support processes. Make sure to check the Volume I: Experimentation Perspectives available [here](#) and for the Volume II: Policy Perspectives make sure to follow our social media channels ([FB](#), [X](#)) to stay updated.

## Webinars

Within the HAND:ET project we have dedicated special focus to raising awareness and expanding the knowledge about the HAND:ET key concepts, as well as providing the opportunity for the exchange of knowledge and expertise between relevant stakeholders.

Below you may find five publicly available webinars implemented within the HAND:ET project as well as the videos developed within the project in cooperation with HAND:ET Programme co-authors, educators and participants.



### Social, Emotional and Intercultural Education: From Policy to Practice

First [webinar](#) features the presentation of the mapping study *Policies of Social, Emotional and Intercultural Education in Six Countries (Azerbaijan, Bosnia and Herzegovina, Croatia, The Republic of Moldova, Russia and Slovenia)*. Webinar is available [here!](#)

### Can socio-emotional competencies and diversity awareness be assessed? An overview of possibilities and challenges

In this webinar, different ways of measuring SEDTA competencies were presented and the challenges associated with the different techniques were discussed. Check it out [here!](#)



**Webinar**

Can socio-emotional competencies and diversity awareness be assessed?  
An overview of possibilities and challenges.

29th September, 2022  
11 am - 12 pm online

Lecturers: Dr. Mojca Rožman & Dr. Nina Roczen,  
DIPF - Leibniz Institute for Research and Information in Education

Co-funded by the Erasmus+ Programme of the European Union

Logos: Hand In Hand, DIPF (Leibniz Institute for Research and Information in Education), nepc (Network of Education Policy Centers)



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**Webinar**  
**Child-Teacher Dialogue: A Participative Approach to Making Lessons More Inclusive**  
28<sup>th</sup> September, 2023  
03:00 pm (CET) - online  
Lecturers: Lisa Paleczek, PhD and Barbara Gasteiger-Klicpera, PhD, University of Graz



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

This webinar was dedicated to supporting teachers in responding to learners' diversity in the classrooms by implementing the 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.

The recording of the webinar is available [here!](#)

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

The focus of the webinar is on the teachers' well-being and prevention of burnout. Lecturers enriched their presentation with the theoretical and empirical viewpoints on the topics with the examples from their work as trainers in the HAND:ET program for teachers, principals and school counsellors.

Special emphasis was on the well-being of early-career teachers who are especially at risk of developing adverse outcomes in their first years of service.

Learn more [here!](#)

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



**Webinar**  
**Empowering Educators for Contemporary Challenges: Mastering socio-emotional competencies and diversity awareness (SEDA)**  
14<sup>th</sup> November, 2023  
1:00 pm (CET) - online  
Lecturers: Heidi Berg Nielsen & Helle Katinka Gøtzsche, The Danish Center for Mindfulness (DCM) at Aarhus University (AU), and Helene Dahlström & Magnus Oskarsson, Mid Sweden University (MIUN).



## Empowering Educators for Contemporary Challenges: Mastering Socio-Emotional Competencies and Diversity Awareness (SEDA)

In this engaging webinar, focus was on supporting teachers in the development of socio-emotional competencies, diversity awareness, and other essential skills and competencies as well as key concepts HAND:ET program is based on, that are relevant for addressing the complexity of everyday working life and enables teachers to deal flexibly with new challenges.

Watch the webinar [here!](#)



## Videos



### Empowering teachers' socio-emotional competencies for diverse classroom

This [video](#) elaborates why supporting teachers' development of social and emotional competencies as well as their diversity awareness (SEDA) in the initial and in-service teacher education is important in order to address this challenge.



### Empowering Teachers to Deal with Social, Emotional and Diversity Related Career Challenges

In this [video](#), Hand in Hand Program co-author, educator and participant in the program explain, from their perspective, what is the focus of the HAND:ET Programme.



### How does stress affect teachers and why it is important to address it?

In this [video](#), Hand in Hand Program co-author, educator and participant in the program explain, from their perspectives:

- What is stress? How does it affect teachers?
- What are the consequences of teachers' stress?
- Why do we have to focus on teachers' stress?
- What can be done about it?



### Mindfulness for better teaching

In this [video](#), Hand in Hand Program co-author, educator and participant in the program, from their perspectives, talk about what mindfulness is, what are the effects of practicing mindfulness and how can it help teachers in their practice.



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### Diversity Awareness

In this [video](#), Hand in Hand Program co-author, educator and participant in the program, from their perspectives, talk about what is the connection between socio-emotional competencies and diversity awareness, why is self-awareness important and how HAND:ET program helped teachers to approach diversity in the classrooms.



### Empathic Listening

In this [video](#), Hand in Hand Program educator and participant in the program, from their perspectives, talk about empathic listening – it goes beyond merely hearing words; it involves understanding the emotions, concerns, and perspectives of others.