

‘Everyone wants to be happy.’ (Dalai Lama)

Wellbeing isn’t just a “nice-to-have” in education; it’s the foundation of meaningful learning. Research shows that we learn more deeply, more quickly, and with greater joy when we feel safe, valued, and able to be ourselves. The classroom environment, and the teacher guiding it, can play a powerful role in shaping learners’ sense of wellbeing, autonomy, and belonging.

This workshop is designed for educators who want to strengthen these qualities not only for their language students, but also for themselves and their wider learning community. Across five interactive sessions, you will explore practical ways to create positive classroom spaces, build genuine relationships, foster learner autonomy, and bring joy back into learning.

You’ll leave with concrete strategies and facilitative skills to cultivate wellbeing in your teaching practice, transforming classrooms into spaces where learners flourish, relationships deepen, and education becomes both meaningful and life-enhancing.

<p>Session 1 Monday</p>	<p>Well-being in the classroom <i>Discover how simple shifts in space, energy, and teacher presence can nurture learner wellbeing.</i></p> <ul style="list-style-type: none"> • Our own experience of wellbeing and its opposite. The impacts. • Brain friendly breaks, physical movement, positive classroom space • Teacher qualities that facilitate learner wellbeing
<p>Session 2 Tuesday</p>	<p>Relationship and belonging <i>Learn to build trust, celebrate individuality, and create classrooms where every learner feels they belong.</i></p> <ul style="list-style-type: none"> • Appreciative listening, fostering an inclusive community • Empathy, acceptance, genuineness – three core facilitator qualities. • Self-esteem – celebrating individual worth
<p>Session 3 Wednesday</p>	<p>Freedom and autonomy <i>Empower learners with choice, voice, and shared responsibility to spark deeper engagement.</i></p> <ul style="list-style-type: none"> • Empowering learners to share in decisions. Offering choice • Drawing leadership activity from learners • Community-based problem solving
<p>Session 4 Thursday</p>	<p>Joy in the classroom <i>Reignite the intrinsic joy of learning through playfulness, curiosity, and celebration.</i></p> <ul style="list-style-type: none"> • The intrinsic joy of learning itself • Playfulness and learning • Joy is just round the corner

Session 5 Friday	Be simple, be human, be yourself <i>Bring it all together—craft authentic, joyful classrooms where teachers and learners thrive.</i> <ul style="list-style-type: none">• Review of classroom-based actions• The school and the lesson as adventure park for everyone's learning.• The way ahead and takeaways from this workshop
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Please note: This schedule gives an overview and may be liable to change at the tutor's discretion.

Reading

There is no required reading for this workshop. Some references:

- Arnold, Jane (Ed) 1999 *Affect in Language Learning*, CUP
- Arnold, Jane (Ed) 2013 *Meaningful Action: Earl Stevick's influence on language teaching*, CUP
- Bethune, Adrian and Kell, E. 2021 *Teacher's Wellbeing and self-care* Corwin UK
- Brierton and Gkomou 2022 *Cultivating Teacher Wellbeing*, Cambridge
- Layard, Richard and De Neve, J. 2023 *Wellbeing: Science and Policy*, Cambridge
- Rogers, Carl 1994 *Freedom to Learn*, Prentice Hall
- Walker, Timothy 2024 *Teach Like Finland: 33 Simple Strategies for Joyful Classrooms*