



Teachers' **HAVEN**

1st Annual Teachers' HAVEN Congress

**Advancing Teacher's Wellbeing and Professional
Growth**

6 & 7 February 2026

Hybrid Participation: Online & at European University Cyprus

PROJECT NUMBER: **101196768**



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Let's protect our environment!



1st DAY

Time	Session	Details
16:00 – 16:30	Registration	
16:30 – 17:00	Opening Ceremony	
17:00 – 17:40	Keynote Address	<p>Title: <i>Assessing Teachers' Well-Being and Professional Needs: Evidence from Six Countries in the Teachers Haven Academy Project</i></p> <p>Introduced by Dr. Ilaria Buonomo, LUMSA University of Rome, Italy Language: English Streaming available</p>
17:40 – 18:00	Coffee Break	
18:00 – 19:00	Roundtable Discussion	<p>Title: <i>The Mind Behind the Classroom: Cross-Country Perspectives on Self-Efficacy, Burnout, and Teacher Mental Health</i></p> <p>Monitored by Dr. Monica Shiakou, European University Cyprus</p> <p>Participants:</p> <ul style="list-style-type: none"> • Dr. Bohan Syroyid, Assistant Professor in Music Education, University of Salamanca, Spain • Dr. George Poyiadjis, Educational Psychologist • Dr. Oana Dau-Gaspar, Associate Professor in Psychology, Tibiscus University of Timisoara, Romania • Dr. Sonia Raquel Pereira Malta Marruaz Seixas, Professor in Educational Psychology, Polytechnic Institute of Santarem, Portugal • Mr. Flavio Bacci, Educator, Fondazione Patrizio Paoletti, Italy • Ms. Agnieszka Szulej, Educational Psychologist, Niepubliczna Szkoła Podstawowa SKRZYDŁA, Poland <p>Language: English Streaming available</p>
19:00 – 19:15	Questions & Answers Session	
19:15 – 21:30	Welcoming Reception	Social Networking with wine and bites

2nd DAY

Time	Session	Details
09:00 – 09:15	Registration	
09:15 – 11:15	Morning Parallel Sessions: Seminars and Workshops	
11:15 – 11:30	Coffee Break	
11:30 – 12:30	Keynote Address	<p>Title: <i>Reclaiming Teacher Resilience: How Positive School Environments Reduce Burnout — Lessons from Cyprus</i></p> <p>Introduced by Ms Elena Hadjiyerou, School Principal, President of Cyprus Schools Principal Association</p> <p>Language: English Streaming available</p>
12:30 – 13:00	Questions & Answers Session	
13:00 – 14:00	Lunch	
14:00 – 15:15	Keynote Address	<p>Title: <i>Empowered Educators: Strengthening Resilience to Enhance Teacher Well-Being</i></p> <p>Introduced by Professor Paula Benevene, LUMSA University of Rome, Italy</p> <p>Language: English Streaming available</p>
15:15 – 15:30	Break	
15:30 – 17:30	Afternoon Parallel Sessions: Workshops	
17:30 – 18:00	Closing Ceremony	

Morning Parallel Sessions: Seminars and Workshops

Online participation for seminars only

Session	Details
Seminars	<p>1. Title: <i>Beat the Stress: A Body Percussion and Vocal Release Seminar</i></p> <p>Introduced by Dr. Bohdan Syroyid, University of Salamanca, Spain</p> <p>Language: English</p> <p>2. Title: <i>The Sensitive Teacher Advantage: Transforming High Sensitivity into Professional Strength</i></p> <p>Introduced by Dr. Monika Baryła-Matejczuk, WSEI University, Poland</p> <p>Language: English</p> <p>Streaming available</p>
Workshop (2 hours)	<p>Title: <i>From Discipline to Growth: Effective Classroom Management and Positive Strategies for Turning Disruptions into Learning Opportunities</i></p> <p>Introduced by Mr George Poyiadjis, School Psychologist</p> <p>Language: Greek</p> <p>Streaming unavailable</p>
Workshop (2 hours)	<p>Title: <i>Spot the Signs, Reset the Cycle: A Burnout Prevention Workshop for Educators</i></p> <p>Introduced by Dr. Eleni Epiphaniou, European University Cyprus</p> <p>Language: Greek</p> <p>Streaming unavailable</p>

Afternoon Parallel Sessions: Workshops

In person participation only

Session	Details
Workshop (2 hours)	<p>Title: <i>How to balance family and work life</i></p> <p>Introduced by Dr. Ilaria Buonomo, LUMSA University of Rome, Italy</p> <p>Language: English</p>
Workshop (2 hours)	<p>Title: <i>Building Mental Resilience in Teachers: Practical Strategies for Well-Being and Empowerment</i></p> <p>Introduced by Dr. Louiza Ioannidou, European University Cyprus</p> <p>Language: Greek</p>
Workshop (2 hours)	<p>Title: <i>Achieving Work-Life Balance: Practical Strategies for Today's Professionals</i></p> <p>Introduced by Dr. Monica Shiakou, European University Cyprus</p> <p>Language: Greek</p>