



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**



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Ecological Thinking!

Think before printing any dissemination material, if it is really necessary. In case something needs to be printed, it is worth thinking about where to print it (e.g. local print shop, ecofriendly online print shop, etc.), on what kind of paper (e.g. recycled paper, grass paper, other alternatives to usual white paper) and with what kind of colors.

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: Assessing Teachers' Well-Being and Professional Needs: Evidence from Six Countries in the Teachers Haven Academy Project</p> <p>Introduced by Dr. Ilaria Buonomo, LUMSA University of Rome, Italy</p> <p>Language: English Streaming available</p>
17:40 – 18:00	Coffee Break	
18:00 – 19:00	Roundtable Discussion	<p>Title: The Mind Behind the Classroom: Cross-Country Perspectives on Self-Efficacy, Burnout, and Teacher Mental Health</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: Reclaiming Teacher Resilience: How Positive School Environments Reduce Burnout — Lessons from Cyprus</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: Empowered Educators: Strengthening Resilience to Enhance Teacher Well-Being</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> Introduced by Dr. Bohdan Syroyid, University of Salamanca, Spain Language: English</p> <p>2. Title: <i>The Sensitive Teacher Advantage: Transforming High Sensitivity into Professional Strength</i> Introduced by Dr. Monika Baryła-Matejczuk, WSEI University, Poland Language: English 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> Introduced by Mr George Poyiadjis, School Psychologist Language: Greek Streaming unavailable</p>
Workshop (2 hours)	<p>Title: <i>Spot the Signs, Reset the Cycle: A Burnout Prevention Workshop for Educators</i> Introduced by Dr. Eleni Epiphaniou, European University Cyprus Language: Greek 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>

