

WELCOME TO OUR

# 1st Newsletter

*we're so glad you're here!*

## Welcome to the Teachers' HAVEN Newsletter

**Teachers' HAVEN** is a three-year Erasmus+ Teachers' Academy project dedicated to strengthening teacher wellbeing and professional growth across Europe. With partners from 6 countries, the project is building a **sustainable community** that supports educators throughout their careers.

In this issue, we introduce who we are, highlight what has been achieved so far - including the insights gathered directly from teachers across Europe - and share our next steps as we develop the Teachers' Academy and upcoming training materials. You will also find information about the **1st Annual Teachers' HAVEN Congress**, taking place on **6-7 February 2026** at the **European University Cyprus**.

## Meet the partners!

The **Teachers' HAVEN consortium** unites partners from across Europe. Together, universities, and training organisations combine their **expertise** to support teacher wellbeing and professional growth. Our joint work shapes the **Teachers' Academy** and **strengthens** educators across Europe.





## Our Goals & Key Outcomes

**Teachers' HAVEN** aims to **strengthen teacher wellbeing** and **professional growth** by developing **practical tools**, **research-informed training**, and a **sustainable European Teachers' Academy**. The project will produce a complete training programme, an online learning platform with self-study materials, interactive resources, and specialised workshops supporting **emotional resilience**, **classroom management**, and **self-efficacy**. A key outcome of the project is the development of the Teachers' Academy curriculum, the Academy e-learning platform, a comprehensive wellbeing training course, national and European bootcamps, and annual Congresses bringing educators and experts together to share practices and insights.

## Coming Up



### 1ST ANNUAL TEACHERS' HAVEN CONGRESS

Join us in **February 2026** for our first international gathering, bringing educators and experts together to explore teacher wellbeing, resilience, and professional growth.

[FIND OUT MORE](#)



### PRACTICAL TOOLS FOR TEACHER WELLBEING

Our team of experts is working on our upcoming training resources designed to strengthen emotional resilience, classroom confidence, and supportive teaching practices across Europe.



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# Teachers' HAVEN Needs Analysis

## UNDERSTANDING WHAT EDUCATORS TRULY NEED

As a foundational step for the Teachers' HAVEN project, the project partners carried out a **comprehensive Needs Analysis (teachers' needs)** to better understand the pressures, expectations, and **wellbeing challenges** faced by teachers across Europe. This key outcome brings together insights from questionnaires, focus groups, and interviews with teachers, school leaders, mentors, and training providers in all partner countries. Its findings now guide the design of the Teachers' Academy and the project's **training materials**.

Across the data, a clear picture emerged: **teachers are deeply committed to their profession, yet face growing emotional and workload-related pressures**. Many participants described difficulty **balancing** instructional duties with administrative demands, classroom management challenges, and limited opportunities for psychological or professional support. Early-career teachers, in particular, reported feeling **overwhelmed** and **lacking structured mentoring** during their transition into the profession.

At the same time, the analysis highlighted **teachers' strong desire for meaningful support systems, practical wellbeing tools, and training that goes beyond traditional pedagogy**. Teachers expressed interest in **developing** emotional resilience, strengthening self-efficacy, **improving** work-life balance, and **building** healthier classroom environments. School leaders and training institutions echoed these needs, emphasising the importance of **coordinated, school-wide approaches to wellbeing**.

These findings form the **evidence base for the Teachers' HAVEN Academy**. They ensure that the project's upcoming modules and resources **directly reflect** teachers' lived experiences and **respond to the real challenges** identified during fieldwork. By grounding our future work in this robust analysis, the project moves forward with a **clear understanding** of how to **support educators** in sustainable, practical, and empowering ways.

The full Needs Analysis report is publicly available on our [website](#).



# Our Updates



## 2<sup>nd</sup> Project Meeting in Salamanca

The consortium recently met in Salamanca for a productive **Project Meeting** hosted by the **University of Salamanca**. Partners reviewed the **progress** of the Needs Analysis, aligned plans for the development of the Teachers' Academy, and prepared the **next steps for upcoming training materials and dissemination activities**. The meeting also provided space for constructive discussion, coordination, and planning for the **1st Annual Teachers' HAVEN Congress**. The collaborative spirit and shared commitment to supporting teacher wellbeing were evident throughout the sessions, marking an **important milestone** in the project's development.

## Follow us & Stay Connected!

**Stay updated** with the latest progress, events, and resources from Teachers' HAVEN. **Join our growing community of educators** and partners committed to supporting teacher wellbeing and professional growth across Europe. **Follow our channels** for project news, training updates, and opportunities to engage with our work.



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