

You are warmly invited to participate in a workshop on:

## Developing teachers' resilience in the ELT classroom

**Where:** University of Hertfordshire, De Havilland Campus, Hatfield AL10 9EU, Room W125

**When:** Friday 28<sup>th</sup> June 2019, 9:30am-4pm

**Who is it for?** ELT teachers in any context (e.g. EFL, ESOL), whether experienced or just starting out

### Workshop organisers:

Dr Gwyneth James (University of Hertfordshire), Dr Ana Carolina de Laurentiis Brandão (Unemat, Brazil)

### What's it about?

Teacher resilience is a relatively recent area of investigation and what has been researched tends to focus primarily on mainstream education, particularly focusing on problems teachers face (e.g. stress, attrition) and seeking causes and concomitant solutions for such problems. There is very little research existing on language teacher resilience in general and English language teachers' resilience in particular.

From 2017-2019 a research project funded by the British Council was carried out by the University of Hertfordshire (UK) and Unemat (Brazil) to examine the experiences of six early career teachers, three in Brazil and three in the UK, who have demonstrated resilience in their work contexts. We examined their experiences by focusing on what sustains them and enables them to thrive in their contexts.

In this forthcoming workshop, our goal is to discuss experiences of resilience in the workplace and identify not only what it looks like but how we can foster, manage and sustain it. In this way, we can help retain more teachers and improve the health of the profession as a whole: rather than just reacting to teachers' stress, we can also enhance the positive aspects of resilience.

### Provisional Outline of the day:

9:30-10:30 Welcome and opening talk on 'Resilience and ELT'

10:40-11:40 Discussion in groups: sharing experiences on resilience and practical implications

11:40-12:15 Feedback

*Lunch (included in the day)*

1:15-2:15 Case studies

2:15-2:45 Feedback

*Tea and coffee break*

3:00-4:00 Closing talk (strategies to develop resilience)

**NB. Registration is free but places are limited for this workshop.**

If you have any questions, then please email Gwyneth at [g.m.james@herts.ac.uk](mailto:g.m.james@herts.ac.uk)

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