

**TITLE:**

Happy Hormones in Action – Energizers to Boost Motivation, Focus, and Classroom Dynamics

SPEAKER: Eng Hai Tan

PRESENTATION TYPE: WORKSHOP

Abstract

This interactive workshop explores how brain-based teaching strategies enhance student motivation and focus. Drawing on Self-Determination Theory (SDT) and neuroscience, participants will discover how the brain's "happy hormones" (dopamine, oxytocin, serotonin, and endorphins) support emotional well-being, memory, and learning. A central feature of the session is the use of no-preparation energizers, simple, adaptable activities that immediately increase attention, participation, and classroom dynamics for learners of any age. By combining theory with hands-on practice, educators will leave with practical, easy-to-apply strategies and a clearer understanding of how to create positive, motivating learning environments where students thrive.

Bio

Eng Hai is an experienced educator and Associate Professor at Meio University, Okinawa. With over three decades of teaching, leadership, and teacher training experience, he specializes in educational psychology and brain-based learning. His work focuses on motivating classrooms using neuroscience insights and practical strategies that engage learners of all ages.