

EdYou Webinar



TITLE:

BREAKING GOOD

SPEAKER: GEORGE KOKOLAS

PRESENTATION TYPE: ONLINE WEBINAR

Abstract

Breaking Good: How to Develop a More Positive Teacher Mindset explores how positive psychology, motivation, and character education can transform our inner narrative as educators. Grounded in the idea that change starts within, this session shows how embracing adversity and modelling strengths-based behaviours—rather than merely talking about them—can reshape our attitudes before, during, and after lessons. Participants will leave with practical, actionable strategies to cultivate a sustainable, positive mindset in their daily teaching.

Biography

George Kokolas has been working, until now, as the Academic Director and Teacher Trainer for Express Publishing for the last 25 years. He is a licensed Level 5 Positive Education Practitioner and holds a Level 5 Diploma in Positive Psychology. He is a certified LEVEL 7 TEFL teacher and a certified ADVANCED Neurolanguage Coach®, practising Neurolanguage Coaching® professionally. He holds a BA in English Literature. Since 2017, he has been hosting and producing the successful Teachers' Coffee educational podcast. In 2022, he was voted among Greece's most popular ELT influencers. He has served as Vice Chair of TESOL GREECE and is a founding member of the International Positive Education Network Greece (IPEN GR). He has delivered over 1,000 presentations at international conferences, with many plenaries among them, and counting...