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TITLE:

**PRACTICAL IDEAS FOR THE WELLBEING OF
TEACHERS AND STUDENTS**

SPEAKER: JELENA SPASIĆ

PRESENTATION TYPE: WORKSHOP

Abstract

Teacher and student wellbeing is at the basis of meaningful learning, sustainable teaching practice and positive school cultures. In an increasingly demanding educational landscape, teachers face cognitive, emotional and administrative pressures that directly influence their motivation, classroom presence and professional longevity. When teacher wellbeing is supported, they are better equipped to create psychologically safe environments in which students are motivated to learn and can engage better. Likewise, student wellbeing is inseparable from their academic success, as emotional regulation and sense of belonging strongly affect their learning outcomes. This workshop is aimed at educators who are committed to nurturing both teacher and student wellbeing in meaningful, practical ways. Participants will be given an opportunity to share experiences and explore different strategies in order to develop sustainable practices for everyday classrooms.

Biography

Jelena Spasić is an English language teacher with over 25 years of experience. Her areas of interest include teaching English to teenagers and adults, creative writing, educational technologies and wellbeing of teachers and students. She has presented at numerous national and international conferences and together with her colleagues, she has co-authored an English language textbook and a Business English online course. She is a Fulbright alumna, a mentor and a teacher trainer. Apart from teaching and learning constantly, she enjoys hiking and spending time in nature.