



2026



**TITLE:**

**Tip and Tricks for AI in the classroom and recognising  
in its use with students**

**SPEAKER:** Ruari O'Connor

**PRESENTATION TYPE:** WORKSHOP

## **Abstract**

A workshop to discover how simple mindfulness techniques and emotions can enhance student participation, creativity and performance and help build a safe and nurturing classroom atmosphere.

Proposed activities:

1. Integrating simple mindful breathing spaces to enhance learning.
2. The exploration of an everyday object with the aim of writing a poem.
3. An active listening exercise where participants share information about an event or situation they have experienced in the classroom connected to an emotion of their choice.

## **Bio**

### **Lawrence Body**

MSc in Mindfulness and Emotional Intelligence, MEd in Social Change and the Education Profession. English teacher for 25 years at the University of Málaga. Teacher trainer and coach in mindfulness and emotional intelligence in schools and universities including ERASMUS+ programs in Ireland, the UK, Turkey and Spain. Expert in CLIL and bilingual programs. Cambridge examiner B1, B2, C1 .