

**What strategies do you use to take care of your well-being?**



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## **Managing the madness: Strategies to promote and protect language teacher well-being**

**Date: Wednesday 12<sup>th</sup> December 2018**

Time: 10 AM - 11 AM GMT

4 PM - 5 PM GMT

**Check your  
local time:**



Hosted by **Sarah Mercer**, this webinar makes us realize that to teach to the best of our abilities we need to be in the best physical and mental shape possible. Yet, despite all that we know about the critical importance of positive teacher well-being, we foolishly pay very little attention to it in practice. In this workshop, we look briefly at why teacher well-being is not an indulgent luxury but the foundation of good practice. Then the main part of the workshop considers practical strategies for teachers to use to manage their negative emotions and stress, promote positive emotions, and regulate their time and work life balance.



**Sarah Mercer** is Professor of Foreign Language Teaching at the University of Graz, Austria, where she is Head of ELT methodology. Her research interests include all aspects of the psychology surrounding the foreign language learning experience, focusing in particular on self-concept, language teacher well-being, and positive psychology. She is the author, co-author and co-editor of several books in this area including, *'Exploring Psychology for Language Teachers'* (Winner of the IH Ben Warren Prize), and *'Language Teacher Psychology'*.

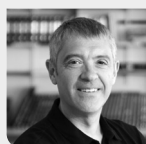
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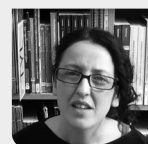
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