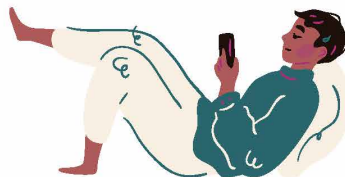


Do you sometimes feel overwhelmed with your career ?

Hand in Hand: Empowering Teachers...

...is an international collaboration and offers a training program that has been especially designed for school staff (teachers and administration).
The trainings will take place in the **school-years of 2022/2023**.

The well-being of teachers is a central aspect of these trainings!



Target Group

Hand in Hand addresses primary school teachers, as well as school principals and school counsellors. To sign up, **teachers** and **school management** must be willing to participate in the training.



For your information: To prove the effectiveness of the training, the participating schools will be randomly assigned to either a group receiving extensive training or a group receiving short training.

The Training



The training revolves around **mindfulness**, **social-emotional competencies**, and **diversity awareness**, and aims to give teachers the tools necessary to master the challenges of their everyday professional lives.

Also interesting: Participating in this project counts towards the internal quality assessment status of the school (siQe), and qualifies as a professional development training for school staff. The training also includes a comfortable stay in a relaxing atmosphere, at no cost to the participants!

Sign-Up & Further Information

If you have any questions or if you are interested in signing up, please send an e-mail to **valerie.fredericks@uni-graz.at** and include the following information:

- Name of the school and the school management
- Names of people that will attend the training

Sign-up closes on the ~~30th of November, 2021!~~ 26th of January, 2022
(limited number of participants)

For further information, please check out our [homepage!](#)

Scan me!

