



## Classroom Management and Teacher Stress Prevention

21-25 September | Lithuania, Vilnius

Day	Activity	Details
<b>Day 1</b> 10:00–12:00	Lecture Session	<p><b>Behavioral Psychology and Prevention Strategies</b></p> <p><b>Goal:</b> To analyze the causes of student behavior and discuss prevention tools for creating a safe environment and classroom climate.</p> <ul style="list-style-type: none"><li>• <b>The Core Causes of Behavior:</b> Identification of fundamental needs (safety, belonging, self-expression) and their relationship with observable actions.</li><li>• <b>Creating a Safe and Structured Environment:</b> Principles of physical classroom organization; the impact of clear rules and predictable routines on reducing student anxiety and preventing provocative behavior.</li><li>• <b>Classroom Climate and Communication Culture:</b> Strategies for ensuring every student's sense of value within the community. Methods for strengthening inclusive relationships.</li><li>• <b>Exchange of Best Practices:</b> The first practical session dedicated to the analysis of successful prevention cases and peer-to-peer feedback.</li></ul>

<p><b>14:30-16:30</b></p>	<p>Guided Tour of Vilnius Old Town.</p>	<p>Half-day walking tour of Vilnius Old Town, a UNESCO World Heritage site. Explore Gothic, Renaissance and Baroque landmarks such as Cathedral Square, Gediminas Tower and St. Anne’s Church. Discuss how environment and history influence wellbeing.</p>
<p><b>Day 2</b></p> <p>10:00–14:00</p>	<p>Lecture Session</p>	<p><b>Teacher Leadership and Behavior Correction Methods</b></p> <p><b>Goal:</b> To strengthen teacher authority through the application of positive discipline and conflict management methods.</p> <ul style="list-style-type: none"> <li>• <b>Teacher Leadership Models:</b> The importance of the leader's role in establishing a secure learning environment.</li> <li>• <b>Behavior Correction Methods and Positive Discipline:</b> A toolkit of specific instruments for responding to inappropriate behavior without resorting to humiliation.</li> <li>• <b>Conflict Management Strategies:</b> Maintaining respectful dialogue in tense situations. Methods for encouraging student accountability and behavioral correction.</li> <li>• <b>Professional Experience Workshop:</b> Simulations of complex situations and the selection of the most appropriate leadership and correction strategies in groups.</li> </ul>

<p><b>Day 3</b></p> <p>10:00–14:00</p>	<p>Lecture Session</p>	<p><b>Teacher Resilience and Self-Care Strategies</b></p> <p><b>Goal:</b> To strengthen the teacher’s psychological health using burnout prevention tools and the restoration of internal resources.</p> <ul style="list-style-type: none"> <li>• <b>Stress, Distress, and Burnout Mechanisms:</b> Analysis of the links between burnout syndrome, stress, and depression, including their identification criteria.</li> <li>• <b>The Impact of Thoughts and Beliefs on Well-being:</b> Analysis of how internal attitudes and professional expectations influence self-esteem.</li> <li>• <b>Preservation of Professional Boundaries:</b> Establishing healthy boundaries in relationships with students, parents, and administration.</li> <li>• <b>Practical Self-Help Tools:</b> Breathing techniques and mindfulness exercises. Development of a personal emotional resilience plan.</li> </ul>
<p><b>Day 4</b></p> <p>10:00–14:00</p>	<p>Lecture Session</p>	<p><b>Learning from Practice – School Visits</b></p> <p><b>Goal:</b> To observe real-world classroom management and learn about administrative support for teacher burnout prevention.</p> <ul style="list-style-type: none"> <li>• <b>Classroom Observations:</b> Attending lessons in Vilnius schools to observe teacher-student dynamics, classroom flow, and the learning atmosphere.</li> <li>• <b>Discussion with School Leadership:</b> Meeting with the administration to discuss specific stress-reduction measures (e.g., workload management, conflict support, and emotional well-being initiatives).</li> <li>• <b>Peer Exchange:</b> Brief discussions with host school teachers regarding strategies for maintaining calm and managing challenging situations.</li> </ul>

<b>19:00-...</b>	Farewell dinner*	Evening event at a local restaurant. Final reflection session, awarding of certificates and farewell dinner featuring Lithuanian cuisine. Networking and discussion of future cooperation.
<b>Day 5</b>	Day Trip to Trakai*	-Depart Vilnius around 09:00 for a full-day excursion to the historic town of Trakai. Visit the 14th-century Trakai Island Castle on Lake Galvė; learn about it's history and cultural significance. Enjoy time by the lake, taste traditional kibinai pastries and reflect on the role of cultural experiences in personal wellbeing.
* These activities are available exclusively to participants who have purchased the Cultural+ or All-Inclusive packages		

#### Lecturers:

**Neringa Grigorjeva**, educator, seminar lecturer, training developer for staff of educational institutions, coordinator of national and international projects, and author of the methodological publication *Non-formal Education: Towards Entrepreneurship*.

**Kamilė Borkovskienė**, educational psychologist, psychoanalytic child and adolescent psychotherapist, and experienced lecturer, leading training for teachers and parenting groups for parents and guardians of children of all ages.

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