



Emotional Intelligence and Psychological Well-Being of Students

2-6 March 2026 | Vilnius, Lithuania

Day	Activity	Details
Day 1 10:00–12:00	Lecture Session	<p>EMOTIONAL INTELLIGENCE IN THE EDUCATIONAL PROCESS AND THE TEACHER’S ROLE</p> <p>Focus: Strengthening teachers’ knowledge of emotional intelligence and their role in promoting students’ emotional development.</p> <p>Content & activities:</p> <ul style="list-style-type: none"> • Introduction to the concept of emotional intelligence, its main components, and its significance in the educational process. • The impact of emotional intelligence on students’ learning, behavior, interpersonal relationships, and psychological well-being. • The teacher’s role in developing students’ emotional intelligence and creating a safe, supportive learning environment.
14:30-16:30	Guided Tour of Vilnius Old Town.	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>Day 2</p> <p>10:00–14:00</p>	<p>Lecture Session</p>	<p>SELF-REGULATION TECHNIQUES AND CREATING A POSITIVE EMOTIONAL CLASSROOM ATMOSPHERE</p> <p>Focus: Strengthening teachers’ ability to support students’ emotional self-regulation and to create a positive, safe, and supportive classroom atmosphere.</p> <p>Content & activities:</p> <ul style="list-style-type: none"> • Introduction to practical techniques that help students recognize, regulate, and appropriately express their emotions in the learning process. • Methods for enhancing students’ self-regulation, suitable for use during lessons and in everyday school situations. • Strategies for intentionally building a positive classroom atmosphere that fosters students’ sense of safety, belonging, and trust.
<p>Day 3</p> <p>10:00–14:00</p>	<p>Lecture Session</p>	<p>FOCUS: STRENGTHENING TEACHERS’ ABILITY TO RECOGNIZE RISK SIGNALS, RESPOND TO CHALLENGING BEHAVIOR, AND SUPPORT EMOTIONAL SAFETY IN THE CLASSROOM.</p> <p>Content & activities:</p> <ul style="list-style-type: none"> • Causes of students’ inappropriate behavior, distinguishing between situational, developmental, and psychological factors. • Identification of signs of emotional, behavioral, attention, and hyperactivity disorders, as well as other significant difficulties in the educational environment. • Teachers’ responsibilities, possibilities, and professional boundaries in recognizing risk signals and collaborating with educational support specialists. • Creating and restoring emotional safety in the classroom after conflicts, bullying, or other emotionally challenging experiences. • Options for resolving major crisis situations.

<p>Day 4</p> <p>10:00–14:00</p>	<p>Lecture Session</p>	<p>COLLABORATIVE SUCCESS: ENGAGING STUDENTS AND JOINING FORCES WITH FAMILIES</p> <p>Focus: To provide practical tools for strengthening student accountability for learning outcomes and to develop constructive family communication skills aimed at achieving shared educational goals.</p> <p>Content & activities:</p> <ul style="list-style-type: none"> · Practical Workshop: Engaging Adolescents. Promoting student ownership and interest to achieve better learning outcomes. · Collaboration with Parents. Communication techniques for effective dialogue with teens and their parents to build a united support team. · Reflection and Closing Session. Summary of the training and sharing of the most valuable insights.
<p>19:00-...</p>	<p>Farewell dinner*</p>	<p>Evening event at a local restaurant in Vilnius „La Bohema”. Final reflection session, awarding of certificates and farewell dinner featuring Lithuanian cuisine. Networking and discussion of future cooperation.</p>
<p>Day 5</p>	<p>Day Trip to Trakai*</p>	<p>-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 its history and cultural significance. Enjoy time by the lake, taste traditional kibinai pastries and reflect on the role of cultural experiences in personal wellbeing.</p>
<p>* These activities are available exclusively to participants who have purchased the Cultural+ or All-Inclusive packages</p>		

This practical training is designed for teachers seeking to strengthen students' emotional intelligence and create a safe, supportive learning environment.

Participants will explore the basics of emotional intelligence, its impact on students' learning, behavior, and well-being, and examine the teacher's role in fostering a positive classroom atmosphere. Strategies for recognizing emotional and behavioral difficulties and effective solutions for restoring emotional safety after conflicts will also be discussed. **The training places strong emphasis on practical self-regulation techniques**, applicable in lessons and everyday school situations. During the training, teachers will visit school and observe lessons where special attention is given to students' emotional well-being and the development of their emotional intelligence, analyzing real-life situations and reflecting on possible solutions.

This training provides teachers with practical tools, confidence, and actionable strategies to create an emotionally safe learning environment that enhances students' well-being and academic success.

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.

 Vilnius, Lithuania

 www.balticmobility.com

 info@balticmobility.com

 +370 670 63273

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