

Emotional Literacy

Emotional Literacy is the ability to identify, understand and express our emotions in an appropriate way depending upon the situation we are in. This is also the case in identifying, understanding and reacting to others.

Emotional Literacy can be a useful tool to assist anyone working in a job that requires patience, time and an understanding of others, such as in the education sector.

Emotional literacy can provide people with the resilience and ability to help them gain control and persevere when faced with difficult situations, disappointments or other challenges. Emotional literacy can also help people to manage and alleviate challenging behaviour and to develop interpersonal as well as intrapersonal skills needed to develop better relationships and communicate more effectively with others.

Emotional Literacy can assist people to:

- Have empathy with others
- Understand the complex personalities and emotions of teachers, trainers, students and trainees
- Recognize students' and trainees' needs
- Gain the knowledge and skills of how to manage challenging behaviors



Partnership

For more information visit www.el4vet.eu or contact:



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Emotional Literacy Vocational Education and Training

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EL4VET
Emotional Literacy Vocational Education and Training

EMOTIONAL LITERACY for VOCATIONAL EDUCATION and TRAINING



www.el4vet.eu

Why EL4VET?

Across the EU, an increasing number of young people and adults are being alienated or excluded from education. This in turn affects their job prospects, wellbeing and has a negative affect on society at large.

Various emotional literacy (EL) programmes have been developed for students, however, EL programmes focused on or designed for teachers is still very rare. Hence, the importance of this workshop for VET teachers/trainers. EL can empower people and give them the skills and knowledge needed to improve their performance both at work and in their personal lives.

As the motivational and interpersonal skills of teachers is significantly and positively correlated with student/trainee achievement, an advanced toolkit for teachers has been developed at City of Wolverhampton College in the UK and it will be promoted in 6 other EU countries - Portugal, Czech Republic, Bulgaria, Cyprus, Poland and Malta. The toolkit will be adapted to meet the specific cultural and technical requirements of each country.



Objective

The overall objective of the EL4VET project is to promote emotional literacy to VET teachers and trainers across Europe and help them to enhance their relationships with students, trainees, colleagues and other stakeholders. Using emotional literacy skills teachers and trainers can enhance classroom behaviour and motivation, learning performance, soft skills competences and the prospects of long term employability for students and trainees.



Outcomes

The outcomes of this project will be:

- Transfer and adaptation of emotional literacy tools for VET teachers and trainers to 6 partner countries via workshops
- An EL4VET website demonstrating successes and giving updates on emotional literacy for the teaching and training profession across Europe
- The development and dissemination of emotional literacy tools to VET teachers and trainers working in other European countries

Workshops with Dr Richard Majors near you:

Portugal - Lisbon: April 19 and 20, 2011

Cyprus - Nicosia: May 9 and 10, 2011

Czech Republic - Ostrava: May 26 and 27, 2011

Bulgaria - Sofia: June 9 and 10, 2011

Malta - Valletta: June 23 and 24, 2011

Poland - Lodz: September 26 and 27, 2011



Dr. Richard Majors is currently the Director of Innovation at the Applied Centre of Emotional Literacy Leadership and Research (ACELLR), at the City of Wolverhampton College. Dr. Majors is an educational psychologist and a visiting professor at the University of Colorado in the US. He was also a senior fellow at Harvard Medical School. He is also a fellow and former research award recipient of the American Psychological Association and met with the Clinton administration to discuss youth policy. Dr. Majors is the author of 3 books and dozens of scholarly articles. Dr. Majors also taught in the United Kingdom and was appointed to a ministerial education task force on social inclusion in the UK. Recently, he was selected to be on a ministerial working group for gangs and guns. Dr. Majors has also been involved in any number of Government initiatives on mentoring, gender and schooling.