

## **CONFLICT MANAGEMENT, EMOTIONAL INTELLIGENCE AND BULLYING PREVENTION**

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As part of the Erasmus+ programme (general education), two English language teachers attended a structured course entitled Conflict Management, Emotional Intelligence, and Bullying Prevention. During the course, we learned how to recognise emotions and react to them, as well as how to give information in a way that makes communication successful and non-violent.

We learned about strategies and institutions to address and prevent bullying and violence in schools, and the apps that teachers use to enrich lessons and strengthen the digital competences of students and teachers. An English teacher uses the Actionbound app in her work, which she has adapted and designed tasks for students to get to know our school. She wrote: "Students download the app on their phone, then go on a hunt where the app guides them to different places to complete tasks. They can take a picture, they can take a video, they can mark the right answer, in short, there are lots of options. We are grateful to have been able to take part in the course, as this kind of knowledge allows us to promote basic and advanced digital skills and digital literacy, which has become essential for everyday life."



Photo 1, 2, 3, 4: Some photo highlights from the training