



WINTER / SPRING 2026

1ST SPANISH TEACHER TRAINING WORKSHOPS ON THE WEST COAST



Cultivating Teacher Wellbeing: Sociocultural Strategies to Transform Your School and Yourself

What is teacher wellbeing? Why is it important? What can districts, administrators and teachers do to positively impact teacher wellbeing? In this seminar, we present a framework for teacher wellbeing and we teach how to use this framework to increase it?

What we will explore together?

This seminar begins with general wellbeing. We then narrow our focus to teacher wellbeing and the importance of healing. To discuss teacher wellbeing, we apply current research and recent examples of how it has impacted schools. To contextualize these examples, we consider various models of teacher wellbeing, including those from the facilitator's own research. When we combine these models with essential concepts from Vygotskian sociocultural theory we can distill key factors for teacher wellbeing. The final section of the seminar is reserved for specific discussions on how to improve wellbeing at various levels within the school system. Participants of this seminar will experience many small, embedded conversations to help them find direct application to their specific experiences and situations. Everyone will leave the seminar with a deeper understanding of how to improve the state of wellbeing within their schools and their own lives.



Who will lead this workshop?

Lauren E. Johnson is a doctoral candidate (ABD) from the Universidad de Navarra in Pamplona, Spain. She has a BA in Elementary Education, TESOL and Dual Immersion and an MA in Teaching Spanish as a Foreign Language from the Universidad de Navarra. Her research centers on teachers and students in dual immersion programs. She has published in *Language Teaching Research Quarterly*, *Music Education Research*, and *The Future of Education*. She has presented at conferences for researchers and practitioners alike in Spain, Italy, Canada and throughout the United States.



Where and when?

- Where: online
- When: Saturday, February 28th, from 9 AM to 11 AM
- Price: free
- Enrollment: cursos.losangeles@cervantes.org until February 25th