

## **Promoting Educator Well-Being: A Digital Training Programme for Higher Education**

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### **Abstract**

Teacher well-being is increasingly recognised as essential for both educator health and educational quality (OECD, 2021). This oral presentation introduces the digital training initiative developed within the Erasmus+ project Teacher Education for a Future in Flux (TEFF Academy), designed to foster well-being competencies among higher education professionals. The programme comprises seven online learning modules addressing: (1) Introduction and Foundations, (2) Teacher Identity, (3) Work-Life Balance, (4) The Social Dimension of Well-being, (5) Teacher Job Satisfaction, (6) Teacher Agency and (7) Wrap-Up. Each module incorporates a structured action plan template that enables participants to connect the ideas of the modules with their contexts; set personal goals; document reflections; ideas or intentions to change; and monitor their progress over time as the action plan was designed to evolve as participants progress through the modules. This design ensures that theoretical content translates into practical strategies applicable to real teaching contexts. Implications for online professional development in higher education are discussed

**Keywords:** Erasmus+; Lifelong Learning; Online Training; Professional Development; Wellness