TalkEdUVT 2026

SECOND EDITION | VOICES SHAPING LEARNING

"Ideas change the world. But what's the point if they're not discussed together?"

WEBINAR 1

Teaching Well, Feeling Well: Pedagogical Wellbeing and Reflective Teaching in Higher Education



Prof. Dr.
Liisa Postareff

Pedagogical wellbeing is closely connected to how teachers experience their work, engage with students, and develop their teaching practices. This webinar explores pedagogical wellbeing as a resource for both teachers and student learning, drawing on recent research on teaching approaches, emotions, self-compassion, psychological flexibility, and reflective practice in higher education. Participants will gain a deeper understanding of the factors that strengthen or challenge pedagogical wellbeing and will identify practical ways to support sustainable, meaningful, and high-quality teaching in their own academic contexts.

18 November 2026 | **16:00–17:00 EET / 15:00–16:00 CET**

Häme University of Applied Sciences (HAMK), Finland

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Register for this webinar

Registration form: https://e-uvt.questionpro.com/t/APOOYZBAQMB

Join the session on Google Meet: https://meet.google.com/oot-ocuu-hek

About the speaker

Prof. Dr. Liisa Postareff is Director of the Unit for Research and Development of Higher Education Pedagogy (HEPeda) at Häme University of Applied Sciences (HAMK), Finland, and Adjunct Professor (title of Docent) of University Pedagogy at the University of Helsinki. Her research focuses on higher education teaching and learning, particularly teachers' pedagogical development, teaching approaches, emotions and wellbeing. She leads several national and international research projects and has extensive experience in educational development, academic staff development, and curriculum renewal.

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