

**Continuing Professional Development Programme** for language teachers on how to use the EASE EI approach.

We have developed 12 session plans with accompanying facilitators' notes to inform teachers about why and how to implement EI in the foreign language classroom. All information is available at: <https://ease-project.eu/>

Finally the project team has developed an **EASE Self-Directed Learning Platform** to support foreign language adult students to practice their speaking skills in a self-directed and reflective manner. Available across 5 language learning levels (A1 to C1) the platform is accessible in English, French, German, Polish, Spanish and Romanian.

Please visit: <https://easeplatform.eu/>



## Meet the People behind EASE:

The project team behind the EASE project has extensive experience working in the fields of adult education, language learning, digital education, emotional intelligence, and supporting language skills development with migrants.

**The Rural Hub**

*Ireland*

**Eurospeak Limited**

*Ireland*

**INDEPCIE**

*Spain*

**Globalnet**

*Poland*

**Solution: Solidarité & Inclusion**

*France*

**Asociatia Bridge Language Study House**

*Romania*

Project Website: <https://ease-project.eu/>



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# EASE



## Project Brochure

# An Emotionally- intelligent Approach to teaching Speaking in a forEign Language

Approaching foreign language teaching from an emotional intelligence (EI) perspective is considered an innovative teaching method in the world of foreign language education, as it can help learners feel more comfortable in the classroom and break down emotional barriers to learning.

EI focuses on skills that will help learners gain confidence and engage in reflective thinking while simultaneously honing what is arguably the most important language skill: speaking.

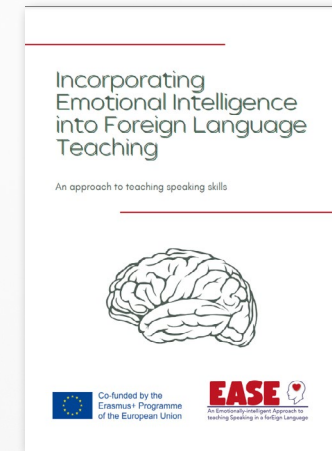
The aim of the EASE project is to support adult educators to apply an emotionally intelligent approach to teaching speaking skills by addressing emotional barriers to learning speaking skills through blended continuous professional development sessions.

## The objectives of the project are to:

- Improve the quality and availability of foreign language teaching resources for adults, particularly in oral communications
- Create original and innovative educational materials
- Enhance the capacity of foreign language teachers to break down emotional barriers to learning speaking skills
- Promote and implement an innovative approach in teaching speaking skills in a foreign language by using research-informed techniques
- Boost the resilience potential for adult language teaching institutions by creating materials adapted for both face-to-face and online environments
- Increase adult learners' communicative competence in a foreign language by encouraging self-directed learning and reflective thinking using an innovative digital platform

## Educational Resources Available

The EASE Booklet provides teachers with concrete lessons that are ready to use in the classroom incorporating Emotional Intelligence to speaking foreign languages.



It is available for free download from our website:  
<https://ease-project.eu/>

