

WYKŁAD PLENARNY / PLENARY LECTURE

Teaching from the Inside Out: Embodiment and Inner Dialogue as Foundations of Didactic Dialogue

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Drawing on a personal teaching experience and on the concept of embodiment, this keynote explores how the quality of pedagogical dialogue may be shaped by the quality of the educator's relationship with their own embodied experience. It proposes that courageous, honest, and empathetic dialogue in academic settings begins with the educator's capacity to relate to themselves with awareness and curiosity. This practice opens up space for a co-created encounter where learning can take place - not only about the subject, but also about ourselves.