



Our mission

Social and Emotional Learning (SEL) is an evolving discipline, aligned with the emerging needs in different parts of the world today and it operates as a movement for positive change in the world. The rapid and complex socioeconomic and technological changes (migration, war conflict, discrimination and violence, COVID-19 pandemic, online safety, etc.) have led to the need for empathy, compassion, healthy relationships, resilience, responsibility, and ethical decision making among others. Governments and educational systems recognize the importance of SEL in helping to address the educational, social and economic challenges students and schools are facing. Research provides evidence of the multiple long-term benefits, including mental health and well-being, academic achievement, and the prevention of emotional and behavioral problems.

The **European Network for Social and Emotional Competence (ENSEC)** is one of the major international movements promoting SEL worldwide. ENSEC was established in 2007 by Prof. Carmel Cefai and Emeritus Professor Paul Cooper, following a conference by the University of Malta. The Network aims to develop and promote evidence-based practice in social and emotional competence and resilience in education: *“It serves as a repository for information and data about strategies for the promotion of social and emotional competence and resilience in schools in Europe. It seeks to develop collaborative European-wide, award-bearing academic programs in social and emotional competence, engage in dialogue with policy makers and practitioners in Europe, and contribute to policies and practices in this area”*.

The Network's activities are organized around a series of specific projects identified through a consultation process among ENSEC members. The Network has been organizing **biennial SEL conferences** since 2007, **supports partners** in getting funds for SEL projects, and **publishes** *the International Journal of Emotional Education*. From a small group of members in its conception, the Network has grown into an international collaborative on SEL, from various scientific disciplines, with hundreds of members and partnerships with other associations such as CASEL and SEBDA.