Humanising higher education by practicing with an embodied relational understanding

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During this talk the idea that everyone within the university should practice in their own genuine way with an embodied relational understanding will be explored, linking to the humanising framework and the notion of socio-emotional intelligence. Looking at specific examples, the impact of doing so will be presented. The talk will highlight the importance of self- awareness and managing emotions and relationships effectively and the responsibility that everyone has to enrich the higher education environment with a positive mind-set. The last part will review how only by working cohesively and with common values and principles shared by all, a ‘humanised’ culture can be embedded in a meaningful way to enrich and enhance our personal experience, work environment as well as society as a whole.

Biography:

I am a senior Lecturer in Service excellence, Senior Fellow Advance HE, and the UK representative of the International Positive Psychology Education division. I am also the author of the book: Developing socio-emotional intelligence in Higher education scholars, published this year.

My expertise is in Education and professional practice and the impact that socio-emotional intelligence has on the university environment as well as our wellbeing. My current work centres around service excellence and organisational development and I am exploring ways in which we can humanise HE by embedding our BU Values and service excellence actions. I am also interested in qualitative methodologies and integrating academic and tacit knowledge with an embodied relational understanding.