



Association for Dental
Education in Europe
Advancing Education
and Oral Health



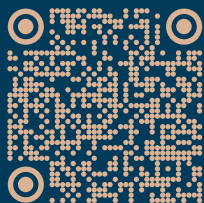
ADEE ANNUAL MEETING
BUDAPEST
HUNGARY 2026



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Take 20

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AN ADEE COP INITIATIVE
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Take 20

TEACH, MENTOR OR COACH?

Choosing the Right Approach at the Right Time



THURSDAY
27 AUGUST 2026



15:30 to 16:00
(30 MINUTES)



HALL A
BUDAPEST

ABOUT THIS TAKE 20

An interactive session exploring when to teach, mentor or coach. Through practical scenarios and reflection, you'll learn how to adapt your leadership style to develop capability, encourage independent thinking and empower others to succeed.

A simple framework for stronger leadership, learning and team development.

5 TAKEAWAYS YOU CAN USE RIGHT AWAY

1. KNOW THE DIFFERENCE

Understand the roles of teaching, mentoring and coaching and when each is most effective.

2. ADAPT YOUR APPROACH

Adjust your communication and leadership style to fit the context and the person.

3. DEVELOP CAPABILITY

Use the right approach to build confidence, skills and independent thinking.

4. EMPOWER OTHERS

Encourage ownership, motivation and professional growth within your teams and students.

5. APPLY WITH CONFIDENCE

Leave with a simple framework you can use immediately in your dental school.



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AN ADEE COP INITIATIVE
WELldental

Take 20

MINDFUL MOMENTS

Pause. Rebalance. Recharge.



WEDNESDAY
26 AUGUST 2026



13:20 to 13:50
(30 MINUTES)



HALL A
BUDAPEST

ABOUT THIS TAKE 20

The demands of leadership, teaching and clinical practice can leave little time for reflection and recovery.

This interactive 30-minute WELdental wellbeing session introduces participants to simple, evidence-informed mindfulness techniques that can be incorporated into even the busiest schedules.

Through guided activities, gentle meditative practices and practical exercises, delegates will experience tools designed to reduce stress, improve focus and enhance emotional resilience.

Leave with accessible strategies to support your wellbeing and model healthy behaviours within your dental school.

What to expect

- PRACTICAL MINDFULNESS TOOLS that can be used immediately.
- GENTLE GUIDED
- MEDITATIVE ACTIVITIES.
- A DEDICATED OPPORTUNITY to pause, rebalance and recharge.

5 Takeaways

1. Reduce stress and overwhelm.
2. Improve focus and clarity.
3. Enhance emotional resilience.
4. Reconnect with the present moment.
5. Model healthy wellbeing for your teams and students.



wellbeing • empowerment • learning • leadership
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AN ADEE COP INITIATIVE
WELLdental

Take 20

BREATHWORK: Breathe Better. Feel Better. Perform Better.



**WEDNESDAY
26 AUGUST 2026**



**10:45 to 11:05
(20 MINUTES)**



**HALL A
BUDAPEST**

ABOUT THIS TAKE 20

A practical, interactive introduction to Breathwork, exploring how conscious breathing can support nervous system regulation, reduce stress, enhance focus and promote wellbeing.

5 TAKEAWAYS YOU CAN USE RIGHT AWAY

1. BREATHE WITH AWARENESS

Recognise how your breathing reflects your physical and emotional state.

2. REGULATE YOUR NERVOUS SYSTEM

Use slow, controlled breathing to help shift from stress towards a calmer, more balanced state.

3. RESET IN MINUTES

Learn a simple breathing technique to reduce stress and regain focus in less than two minutes.

4. ENHANCE PERFORMANCE

Use Breathwork to improve concentration, communication and decision-making before teaching or clinical practice.

5. BUILD DAILY RESILIENCE

Develop a sustainable breathing practice to support long-term wellbeing and resilience.



wellbeing • empowerment • learning • leadership
Short sessions. Big impact.



AN ADEE COP INITIATIVE
WELLdental

Take 20

WORKSTYLE SAFARI™

Discover Your Workstyle. Understand Others. Work Better Together.



THURSDAY
27 AUGUST 2026



10:45 to 11:15
(30 MINUTES)



HALL A
BUDAPEST

ABOUT THIS TAKE 20

In just 30 minutes, discover your Workstyle Safari™ animal and gain powerful insights into your communication style, stress responses, strengths, motivations and workplace relationships.

An energising experience to help you understand yourself and others, improve collaboration, reduce friction and build healthier, more effective team relationships.

You will discover

1. Do you know your personal burnout risk?
2. Do you understand how you behave under pressure?
3. Are you communicating your needs clearly?
4. Do you know how others need to be communicated with?
5. Could understanding behaviours improve your team relationships?

Understand yourself.
Understand others.
Work better together.



DISCOVER
Your Workstyle
Animal

UNDERSTAND
Strengths.
Motivations &
Stress Triggers

IMPROVE
Communication &
Relationships

REDUCE
Friction &
Build Trust

ENHANCE
Wellbeing &
Team Performance

wellbeing • empowerment • learning • leadership
Short sessions. Big impact.



AN ADEE COP INITIATIVE
WELLdental

Take 20

LAURA: The Art of Meaningful Conversations in Dental Education



THURSDAY
27 AUGUST 2026



13:20 to 13:50
(30 MINUTES)



HALL A
BUDAPEST

ABOUT THIS TAKE 20

A practical, interactive session introducing the LAURA framework - **Listen, Acknowledge, Understand, Relate and Act**. Discover how active listening and empathetic communication strengthen relationships, enhance psychological safety and support positive outcomes in dental education.

5 TAKEAWAYS YOU CAN USE RIGHT AWAY

1. LISTEN DEEPLY

Give focused attention to truly understand.

2. ACKNOWLEDGE

Show empathy and validate the other person's perspective.

3. UNDERSTAND

Seek clarity and explore what's behind the message.

4. RELATE

Build connection through rapport and shared understanding.

5. ACT

Agree next steps and follow through with confidence.



wellbeing • empowerment • learning • leadership
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