



Cofinanțat de
Uniunea Europeană

Personal Development International Conference – Pitești, the 7th of
NOVEMBER 2025

No. 1 Târgu din Vale Stret – The National University of Science and Technology Politehnica
Bucharest
Pitești University Center

Timetable of the 5th Edition of Personal Development International Conference

Centrul Județean de Resurse și Asistență Educațională, Argeș

Pitești, the 7th of November 2025

CENTRUL JUDEȚEAN DE REȘURSE ȘI
ASISTENȚĂ EDUCAȚIONALĂ ARGEȘ

Time (Eastern Europe)	Plenary Room	Workshop Room 335	Workshop Room 336
	Moderator: Mihaela LUNGU		
09:00			Workshop Facilitators:
10:00	Mihaela LUNGU, Rodica Emilia CIUCĂ, Elisabeta Veluța DUMITRU, Raluca Iulia ROȘULESCU - CJRAE Argeș <i>„Adults involved in effective education”</i> Project No: 2025-1-RO01-KA121-ADU- 000323991		Ana Maria BADEA, Ana Maria ARON, Constantina Diana BUCHETE <i>”VOICE THERAPY FOR TEACHERS - HOW TO KEEP YOUR VOICE HEALTHY AND STRONG”</i>
10:10	Mihaela LUNGU, Camelia IOANĂȘ, Florina Laura FLORESCU, Cătălin BOTAȘ - CJRAE Argeș <i>„Involved Parents – Responsible Adults”</i> Project No: 2024-1-RO01-KA121-ADU- 000212378		
10:20	Alina Elena DASCĂLU – CJRAE Argeș <i>”Resilience and Personal Development in School Counseling Practice”</i>		
10:30	Mpofo Kitata LUKIBADIKU <i>”Therapeutic Drumming in the Context of Health Care, Well-Being and Counseling”</i>		
11:00	Ana Maria COSTACHE - Business Development Manager – IntegralEdu, Bucharest <i>”Connecting Classrooms to the World: IntegralEdu’s Pathways for Study Abroad and Student Development”</i>	Workshop Facilitator: Mpofo Kitata LUKIBADIKU <i>”THERAPEUTIC DRUMMING IN THE CONTEXT OF HEALTH CARE, WELL- BEING AND COUNSELING”</i>	Workshop Facilitator: Elena Lucreția NEAȚȘU <i>”HOW TO TRANSFORM SELF- KNOWLEDGE INTO ACTION: THE STORY OF A PRACTICAL GUIDE TO PERSONAL DEVELOPMENT”</i>
11:30	Ema FLOAREA, Ana GEORGESCU, Andreea GHERMAN, STANCU Georgiana, Roxana GHEORGHE <i>”Early Educational Activities and the Development of Children’s Personality ”</i>		
11:40	CIULCU Maria Alexia, CIOROIANU Daria		



B-DUL
EROILOR
NR. 4-6,
PITEȘTI,
ROMANIA



AsProEdu



Cofinanțat de Uniunea Europeană

CENTRUL JUDEȚEAN DE REȘURSE ȘI ASISTENȚĂ EDUCĂȚIONALĂ ARGEȘ

Gabriela, CIOROIANU Bianca Mihaela,
PÎRCĂLĂBOIU Diana Florentina Maria,
GÛL ELIF Stela
*"The role of education in personality
development"*

11:50 MINCĂ Elena Luminița, TOMULESCU
Alexandra,
VÎNOCEA Mihaela, Maria BARBU,
ZĂRNEANU Mihaela
*"Example of Educational Best Practices:
How We Mobilized the Community
Through Educational Partnerships"*

12:00 Aurelia DUDU – CJRAE Argeș
*"Developing resilience in adolescents - a
case study and therapeutic implications"*

12:10 Mihaela GEORGESCU – Vrănești
Secondary School, Argeș
*"Challenges of Autism Spectrum Disorder
and ADHD in Mainstream Education:
Insights from a Dual Perspective"*

12:20 Cătălina Iuliana RADU – CJRAE Argeș,
Cătălina BURCEA – „Tudor Arghezi”
Secondary School Pitești
*"Positive Discipline Techniques For
Enhancing Student Engagement In The
Classroom"*

12:30 Ana-Florina Dumitrescu - President of
ATSA Argeș
*"Adapted auxiliaries and working
materials for children with special
educational needs – a true support in the
process of school inclusion"*

12:45 Ileana-Georgeta SAFTA – Liceul Teoretic
„Ion Cantacuzino” Pitești, Ancuța
ZAMFIRA – CJRAE Argeș
*"The Role of Protective Factors in the
Development of Resilience in Young
People"*



B-DUL
EROILOR
NR. 4-6,
PITEȘTI,
ROMANIA

13:00 – 14:00	LUNCH BREAK		
14:00- 18:00	Plenary Room Session 2	Workshop Room 335 Session 2	Workshops Room 336 Session 2

Moderator Mihaela LUNGU			
14:00	Larisa SADOVEI – „Ion Creangă” State University, Chișinău, Republic of Moldova <i>"Reason dialogues with emotion and meaning becomes a connection"</i>		Workshop Facilitator: Cristina STERIE <i>"SCHEMA THERAPY - FOR TEACHERS. A</i>





Cofinanțat de
Uniunea Europeană

CENTRUL JUDEȚEAN DE REȘURSE ȘI
ASISTENȚĂ EDUCĂȚIONALĂ ARGEȘ

14:20	Elena Lucreția NEACȘU – CJRAE Argeș <i>"How to transform self-knowledge into action"</i>	WORKSHOP ON TOOLS THAT CAN BE INTEGRATED INTO TEACHING PRACTICE"
14:30	Cristina Maria MARIN – Inspector, Romanian Ministry of Education and Research <i>„Individualized Educational Support and innovation in educational policies: a view between international examples and the National Law no. 198/2023”</i>	
14:40	Samir AKACHA - FRANCE <i>"Short mindfulness techniques for the wellbeing of teachers"</i>	
15:40	Cristina STERIE – Psychologist and trainer, ROMANIA <i>"Schema therapy - for teachers"</i>	
16:00	Ari POKKA – CEO Finnish Education Institute, FINLAND <i>"Adults involved in an efficient education"</i>	
17:00	<i>Adults involved in an efficient education</i>	
	INTERNATIONAL DEBATE LARISA SADOVEI – REPUBLIC OF MOLDOVA CRISTINA STERIE - ROMANIA ARI POKKA – FINLAND SAMIR AKACHA – FRANCE	
	18:00 ARI POKKA – "TOP CLASS. FINNISH SCHOOL LEADERSHIP AND MANAGEMENT" - BOOK SIGNING	
	Official Close UP	



B-DUL
EROILOR
NR. 4-6,
PITEȘTI,
ROMANIA



AsProEdu