

International public speech

December 17th, 2024 — 02:15-03:45 p.m. (CET)

by **Assoc. Prof. Mar Joanpere Foraster**

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Enhancing Wellbeing: The Transformative Effects of Adult Education on Participants' Lives

Adult education extends beyond knowledge, enriching wellbeing through personal growth, social inclusion, and empowerment. Central to this is dialogic learning, where open dialogue fosters critical thinking and empathy, enabling participants to understand diverse perspectives and connect meaningfully with others. In promoting dialogic societies—communities rooted in mutual respect and inclusive communication—adult education helps shape more democratic, resilient communities. Participants not only improve their own lives but also contribute to broader social change, creating ripple effects of positive transformation through newfound self-esteem, resilience, and a stronger sense of belonging.



The public speech will be held online via Zoom.
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The registration is required to participate.

