



NUCLEUS INTERNATIONAL SCHOOLS PRESENTS

INSIDE NUCLEUS

Think Deeply. Create Boldly. Solve Truly.

Nucleus International Schools Teachers' Capacity Building Training · Part 1

28 July 2026

Emotional Intelligence in the Classroom: Why the Best Teachers Read the Room First

The first issue of our professional development newsletter: why teaching is an emotional endeavour as much as an intellectual one, three takeaways from our inaugural training session at the Vatican campus, and the ten-second habit that makes a teacher responsive.



A Message from Leadership —

Welcome to the inaugural edition of this newsletter. As we roll out our Teachers' Capacity Building Training across our campuses, the goal is a simple one: to give our teachers the practical tools, global strategies and pedagogical backing they need to lead a modern classroom.

Aligned with our standards and our commitment to excellence, this series will document that professional development journey step by step, module by module, so that what one campus learns, every campus learns.



The first Capacity Building Training session, Vatican Campus.

Module Spotlight: Emotional Intelligence —

Teaching is an emotional endeavour as much as an intellectual one. Before a student can learn from us, they must feel safe, seen and understood by us. Our inaugural session at the Vatican Campus focused on emotional intelligence in the classroom: what it is, and what it changes on an ordinary Tuesday morning.



Teachers from across the school, working through the module together.

Key Takeaways from the Training

Self-awareness is a teaching tool. High-performing educators recognise their own emotional triggers, and when we regulate our own state, we co-regulate our students.

Empathy is classroom management. Disruptive behaviour is often a request for support. Empathy lets us address the root cause of a disruption without damaging the relationship.

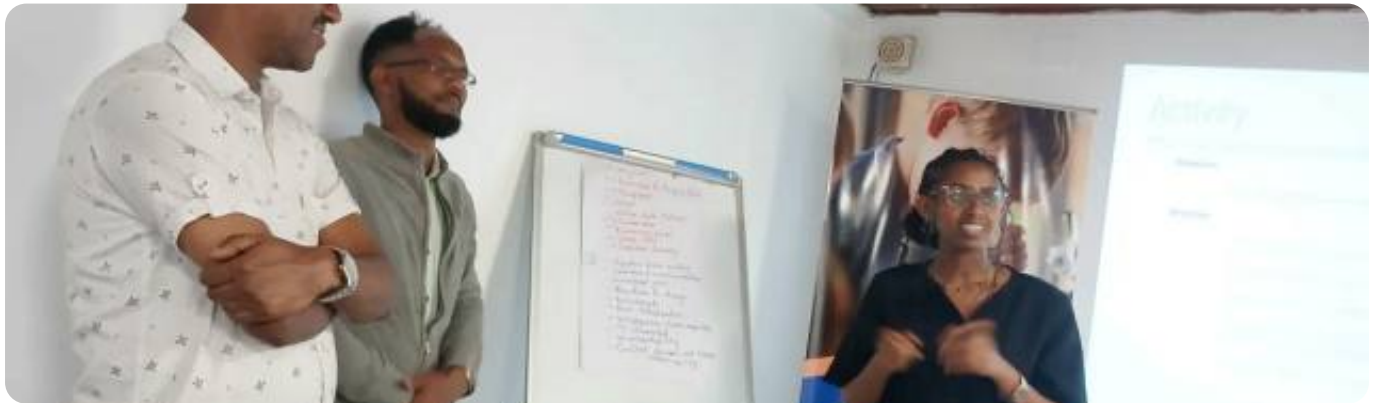
Social-emotional learning belongs in the lesson. Integrating short emotional check-ins into daily lessons improves academic endurance, resilience and exam performance.

Practical Classroom Tip of the Week —

The 10-second pause. Before responding to a challenging behavioural moment in class, take a full ten seconds.

Ask yourself: am I reacting out of frustration, or responding to help this student learn?

It is one habit, and it costs ten seconds, but it shifts a teacher's posture from reactive to responsive, and students feel the difference immediately.



Working the ideas through as a group, not just hearing them.