



ELTAS News

English Language Teachers Association Stuttgart Newsletter

“ *Who dares to teach
must never cease to learn* ”

— John Cotton Dana —



www.eltas.de

Letter from the Chair

Welcome to the first newsletter from the new committee

Dear Members,

Welcome to the first newsletter from the new committee!

We'd like to keep you regularly updated on what's happening in our association, as well as share news, events, and ideas from the world of Business English.

In this edition, you can read a review of our June workshop and get to know our next speaker, Patricia de Griesse. You'll also find everything you need to know about this year's **Business English Special Interest Group (BESIG) Conference** in Vienna. And here's a travel tip: did you know there's a direct overnight train from Stuttgart to Vienna?

If you book a sleeper compartment, you can wake up ready to start the conference.

Before then, we're looking forward to seeing many of you at our upcoming workshop with **Patricia de Griesse** on **25th July 2026**.

We're delighted to be running this event in cooperation with KLETT and are excited to welcome both our members and Klett's guests. **Register early to secure your place.**

The whole committee is looking forward to meeting you in person, putting faces to names, and getting to know you a little better.

Enjoy the read, and we hope to see you soon!

Best wishes,
Katrīn



Meet your new ELTAS committee

A volunteer team committed to supporting you and strengthening our community



CHAIR

Katrin Beringer

This is the second time Katrin Beringer has taken on the role of Chair of ELTAS. After completing her degree in English and Theatre Studies, she began her career in public relations. She later discovered that teaching English was far more creative than writing copy. With the support of her friends at ELTAS, she has successfully expanded her client base and navigated fluctuations in demand for English language training. Katrin also works as a Job Coach.



DEPUTY CHAIR

Mauline Lawrence

A long-standing and active ELTAS member, Mauline has served the association in several roles over the years. As Deputy Chair, she looks forward to organising engaging workshops, welcoming inspiring speakers and creating more opportunities for members to connect, exchange ideas and grow professionally.

She is a Business English and ESP trainer, designing and delivering tailored language courses and workshops for companies across the Stuttgart region.



TREASURER

Tanja Delgorte-Engelhardt

Having previously served as treasurer of the jazz choir in which she sings, Tanja has now taken on the same role at ELTAS, where she has been a member since 2020.

Being interested in digital tools, she has also taken on the role of IT support and is currently migrating ELTAS to another GDPR-compliant club software to optimize accounting and document storage. In addition, she moderates the ELTAS Tech Group where members can exchange tips and ideas.



SECRETARY

Haripriya Pareek

Haripriya Pareek holds a PhD in English Language Teaching and has over nine years of teaching experience in India and Germany, working with universities and language institutions.

She joined ELTAS as Secretary in 2023, supporting the committee with meeting minutes, workshop certificates, and other ELTAS events. She enjoys exploring languages and cultures, which enrich her professional and personal perspectives.



ELTAS

and



English Language Teachers Association Stuttgart

Pause, Recharge, Reimagine

Managing Uncertainty and Strengthening Self-Belief



Saturday, 25 July 2026



2-6 p.m.



ISM Stuttgart, Maybachstraße 20



Patricia de Giese

MA Positive Psychology
Certified Systemic Coach
Experiential Workshop Designer
Emotional Intelligence,
Performance & Wellbeing Coach
NLP Master Practitioner

ELTAS and Ernst Klett Sprachen invite you to an interactive workshop to pause, reflect and recharge for the months ahead.

As another school year comes to an end, join fellow educators for a chance to pause and recharge. This interactive workshop invites ESL teachers to explore practical strategies for managing uncertainty, strengthening self-confidence, and building resilience in times of change. Through engaging activities and supportive discussions, you'll reconnect with your strengths, cultivate self-compassion, and gain tools to protect your wellbeing and motivation.

Leave refreshed, re-energized, and ready to face the future with greater confidence and clarity.

Participants will have opportunities to:

- reflect on personal strengths and inner resources
- learn techniques to manage stress and emotional overwhelm
- exchange experiences and reduce feelings of isolation
- strengthen self-belief and confidence
- explore ways to protect energy and wellbeing during uncertain periods
- reconnect with purpose, meaning, and professional identity

Learning Objectives

By the end of the workshop, participants will be able to:

- recognize common responses to uncertainty and change
- apply practical stress-management and regulation techniques
- use self-compassion strategies to build resilience
- identify personal strengths and inner resources
- reframe uncertainty with a growth-oriented mindset
- build supportive professional connections
- develop strategies to maintain wellbeing, confidence, and motivation

Practical Takeaways

Participants will leave with:

- a personal resilience and self-care action plan
- simple stress-reduction techniques for immediate use
- self-compassion tools
- reflection exercises to strengthen confidence
- strategies for managing uncertainty
- ideas for maintaining motivation, energy, and emotional balance
- a renewed sense of connection, hope and professional value

Registration

Free for ELTAS members and members of other German ELTA associations
Guests: €25

Register now:
events@eltas.de

www.eltas.de | Come and reconnect with your energy, your purpose, and your professional community.

Workshop Review

By ELTAS member Daphne Klimmek



ELTAS

ENGLISH LANGUAGE TEACHERS
ASSOCIATION STUTTGART

The Rule of Three in ELT

A lively, practical workshop on how a simple principle from rhetoric, storytelling and memory science can sharpen language learning, task design and professional communication.

Speaker: Dr Stephanie Ashford



Date:

Saturday,
27 June 2026



Time:

2:00 to
5:30 p.m.



Venue:

ISM, Maybachstr. 20,
70469 Stuttgart



The Rule of Three in ELT was a great way to re-ignite ELTAS in style.

On a seriously hot Saturday, 18 participants braved the heat, some travelling for more than two hours, to connect in person, collaborate, learn and laugh again.

Air conditioning and the engaging presence of our speaker Stephanie Ashford, accompanied by Tom Smith, contributed to an atmosphere that was relaxed, curious, and at times playful.

The number **3** featured all afternoon, beginning with the way we introduced ourselves before moving on to **“snap, crackle, pop”**; **“Friends, Romans, Countrymen”** and **“See it, say it, sorted”**.

We explored the significance of **3**: it's the smallest pattern our brains latch onto, we remember things more easily in **3s**, and we're surprisingly open to persuasion when ideas are packaged in **3s**.

We have triads in religion and storytelling, advertising slogans, the rule of thirds in art and photography ... you get the idea!

From there, Stephanie applied **“3s”** to lesson design and implementation, feedback sandwiches, and conversations, to mention just a few.

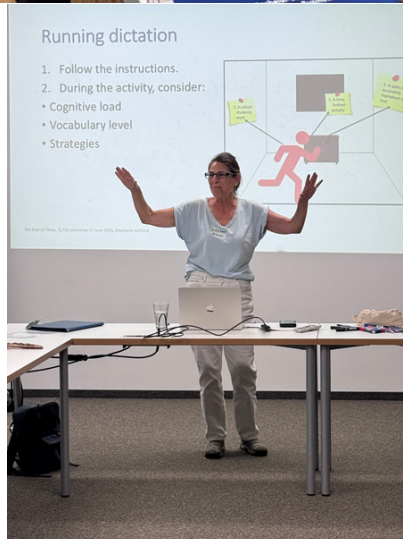
After a networking break we engaged in **3** linked activities, which can be adapted to use with learners, and concluded by sharing **3** insights, **3** takeaways, and **3** next steps.

More than **3** of us stayed on for cool drinks and delicious Italian food in a hot location! Make of that what you will.

By far the hottest of the **“3 Hot Topics in ELT”** was, of course, AI. Views ranged from scepticism and cautious curiosity to an enthusiastic **“bring it on”**. In the same spirit, I am happy to admit that this account was written with some help from AI, a small wink to the sceptics among us.

Impressions from the workshop

The Rule of Three in ELT



39th Annual IATEFL BESIG Conference

Building Bridges, Preparing for Global Business



DATES

20-22 November 2026

LOCATION

Vienna, Austria

VENUE

Flemings Hotel Wien-Stadthalle

Conference overview

The 39th Annual IATEFL BESIG Conference, Building Bridges, Preparing for Global Business, will take place in Vienna, Austria, from 20-22 November 2026. The conference brings together Business English and professional communication specialists from around the world for three days of inspiring plenaries, practical talks, valuable networking opportunities and engaging discussions on the future of Business English and professional communication.

Early-bird registration is open until 30 September 2026. Further details and registration information are available on the [IATEFL BESIG Annual Conference page](#).

Accommodation

The conference will be held at Flemings Hotel Wien-Stadthalle, a comfortable and conveniently located hotel near Wien Westbahnhof, one of Vienna's main transport hubs.

A limited number of rooms is available at special conference rates. To book, please contact the hotel by email at res.wien-stadthalle@stay-flemings.com and quote the allotment keyword: **IAT191126**

How to get to the conference venue

The conference venue is conveniently located near Wien Westbahnhof. From Westbahnhof, Flemings Hotel Wien-Stadthalle is within walking distance.

Wien Westbahnhof is only approximately five minutes away on foot from the conference venue.

Travelling by train from Stuttgart

Westbahn offers a direct connection from Stuttgart to Wien Westbahnhof twice daily, with departures at 7:12 a.m. and 3:12 p.m. Tickets are available at very affordable prices, making this a convenient and attractive option for colleagues travelling from the Stuttgart region.

Tickets can be booked via the [Westbahn ticket shop](#).

If you arrive at Wien Hauptbahnhof, you can reach the hotel in approximately 15-20 minutes by underground (U1 to Stephansplatz, then change to the U3), by tram 18, or by taxi.

Travelling by plane

There are daily direct flights from Stuttgart Airport to Vienna. From Vienna International Airport, the city centre and Westbahnhof can be reached easily by public transport, airport train connections or taxi.

Public transport and ticket tips

Vienna has an excellent public transport network. For getting around the city, tickets and route information are easy to access online and via official transport apps.

For public transport within Vienna, the official journey planner [BusBahnBim](#) is especially useful for checking routes and connections. Rail tickets within Austria can also be booked through ÖBB.



The 39th **BE**sig Annual Conference



Building Bridges: Preparing for Global Business

Friday, 20 November –
Sunday, 22 November, 2026 📍

**REGISTER
NOW**

Flemings Hotel Wien Stadthalle
Vienna, Austria





ELTAS Tech Group sessions give members the chance to share their best practice tips and/or ask questions. While the focus is on technical issues, other topics are also welcome. Past topics include conferencing tools, favourite apps, teaching aids, software issues, and using AI tools. As AI was one of the topics mentioned frequently in the recent workshop feedback, we could try and include short practical tips or useful apps in future Tech Group sessions.

The sessions are informal and provide a great opportunity to catch up with each other! They are moderated by Tanja Delgorge-Engelhardt and take place online once or twice a month. You are welcome to share your best practice ideas here: [Best Practice Ideas](#).

This month, the two tech group meetings are on:

Saturday, 18 July at 10:30 a.m.

Wednesday 22 July at 6 p.m.

Please select the date(s) you would like to participate: [Register here-TechGroup](#)

Tech Tip!

Here's a Tech Group tip from a past session: a helpful website that uses AI to create word games: [edupics](#).

For example, you can create a crossword using the crossword generator. Simply specify your theme and level of English, and AI will do the work for you!

Here's one on a current theme: **Soccer! Language level medium.** [crossword-soccer](#).

Have fun!

by: Tanja Delgorge-Engelhardt





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About This Publication

ELTAS News is a non-commercial publication produced by the English Language Teachers Association Stuttgart e.V. on a not-for-profit basis. Its purpose is to inform, connect and engage ELTAS members by sharing association news, workshop updates, teaching ideas, professional development opportunities and contributions from our wider English language teaching community.

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Connect. Learn. Grow.

Thank you for reading this issue of ELTAS News.

ELTAS brings English language teachers, trainers and coaches together for professional development, practical exchange, networking and mutual support in the Stuttgart region and beyond.

**Have an idea for a workshop, article, Tech Group tip
or member contribution?
We would love to hear from you.**

1

Contribute

Send us your ideas for future newsletter issues.

2

Attend

Join upcoming workshops and other ELTA partner events.

3

Connect

Meet English language teachers, trainers, and coaches across the region.

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