






Name	Flavia S.	
Last name	Arrigoni	
Email	flavia.arrigoni@uca.es	
Role	Coordinator	
Biography	<p>I am a Psychology with a Ph.D. in Health Sciences. I work at the University of Cadiz as a Professor at the Faculty of Educational Sciences. I am a member of the research group HUM-634 Psyc-Lab. I have always have a particular interest in people's well-being, which led me to study psychology. During my years of professional practice as a clinical and community psychologist, I discovered the satisfaction of accompanying others in their growth processes. I have had to implement self-care strategies to preserve my own health and well-being so that I could accompany others. The current changing and challenging global context, the competence and individualism of working places make it necessary to create opportunities to nourish the community members, in this case, the educational community, preserving the quality of education by creating harmonious and nutritious working climates. This is the aim of the proposal made at this first edition of the International Summer School.</p>	

Name	Inmaculada	
Last name	Menacho-Jiménez	
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Role	Teacher	
Biography	<p>I am a Psychology with a Ph.D. in Psychology. Professor at the University of Cadiz at the Faculty of Educational Sciences since 2006. Member of the research group HUM-634 Psyc-Lab.</p> <p>For 8 years I have been Vicedean of Training, Orientation and Innovation at the Faculty of Educational Sciences.</p> <p>I have been training students in relaxation techniques for many years giving regular courses at the Psychological and Pshycopedagical Service (SAP) at UCA.</p>	

Name	Félix A.	
Last name	Ruiz Rodríguez	
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Role	Teacher	
Biography	<p>He teaches in the degrees of Medicine and Biotechnology and in the masters of Biomedicine, Medical Chemistry and Physical Activity and Health. Principal investigator of the group "Phosphate Metabolism in Humans" considered one of the leaders in polyphosphate research. His research career has resulted in more than forty scientific publications that have been cited more than 2500 times and that accumulate an h-index of 30. With more than 10 years of experience in university management, he has been Coordinator of the Master of Biomedicine, General Director of Scientific Infrastructures and now, Director of Health Promotion of the university community.</p>	

Name	Francisco J.	
Last name	Bandera-Campos	
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Role	Teacher	
Biography	<p>Graduate in Physical Activity and Sports Sciences from the University of Cadiz. He completed the Master's Degree in Teacher Training for Secondary Education at the University of Cadiz, as well as the Master's Degree in Physical and Sports Performance at the Pablo de Olavide University. Currently, he is a member of the GALENO research group (CTS-158).</p> <p>He is pursuing his doctoral thesis, titled "Effectiveness of a Multicomponent Intervention for Promoting Physical Activity During the School Day," under the supervision of Dr. Grao-Cruces at the University of Cadiz, with an FPU grant (ref. FPU21/03385) from the Ministry of Universities of the Government of Spain.</p> <p>His main research focus is the promotion of physical activity in children and adolescents, although he has also participated in interventions within the university setting. One of his scientific goals is to contribute to research by demonstrating the importance of physical activity in the holistic development of individuals, promoting physical, mental, and emotional well-being.</p>	

Name	Fátima	
Last name	Martín-Acosta	
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Role	Teacher	
Biography	<p>Graduate in Teaching specialising in Physical Education from the University of Granada and Graduate in Physical Activity and Sport Sciences from the University of Murcia. Afterwards, she completed a Master's degree in Educational Research for the professional development of teachers at the University of Cadiz. Since 2021, she belongs to the research group GALENO (CTS-158).</p> <p>She is currently in the third year of her doctoral thesis entitled “Association between lifestyle habits, physical fitness, cognitive performance and academic performance in secondary school students” under the supervision of Dr. Alberto Grao-Cruces, and with a FPI-UCA grant (ref. PU/EPIF-FPI-CT/CP/2023-046) from the Ministry of Science and Innovation.</p> <p>All of the above has allowed her to continue her career in the area of research into the promotion of healthy habits. Her concern is to collaborate in improving the quality of life in general, and the physical and mental health of children and adolescents in particular.</p>	