

The 2026 KOTESOL International Conference Report by Martin Sketchley

Opening plenary for to kick of the conference, which was delivered by [Thomas Farrell](#) and titled '*10 Principles of Effective Teaching for Teacher Well-Being*'. Thomas Farrell needs no introduction from those that are reflective practitioners themselves, as he published a wide range of material on reflective practice.



It was an enjoyable plenary and it was refreshing to have such an energetic speaker encouraging attendees to teach effectively for their very own well-being by sharing ten areas to develop and grow as an educator, such as recognising your career path, understanding your learners, students, and goals, as well as developing a future action plan.