

Course Name	–	<u>CERTIFICATE IN PRESCHOOL TEACHER WELL-BEING (CNO SP11)</u>
Course Duration	–	Module based completion / Total 09 Modules / 24x7 Virtual Support
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Learning Mode	–	Email Based / Whats App Based/ Session Based (6 sessions for 9 modules)
Eligibility	–	Teachers/ Educators / Special Educators/ Counsellors / School Heads/ Managers
Interaction	-	24/7 Advisor Call Support – 24/7 Guide Email Support / Self-paced or Scheduled

Learning Objective: Sustain teacher's emotionally and professionally.

Course Modules	Brief Module Description
SP1101 – Understanding Teacher Stress	Explores emotional and physical demands of preschool teaching. Builds awareness of stress sources.
SP1102 – Building Emotional Resilience	Introduces coping and grounding strategies. Supports long-term emotional sustainability.
SP1103 – Work–Life Balance for Teachers	Encourages healthy boundaries between work and personal life. Prevents burnout and fatigue.
SP1104 – Reflective Practice	Promotes self-reflection for professional growth. Teachers learn structured reflection techniques.
SP1105 – Managing Classroom Fatigue	Addresses physical and emotional exhaustion. Focus on pacing and realistic expectations.
SP1106 – Professional Ethics in Early Childhood	Reinforces integrity, responsibility, and professionalism. Guides ethical decision-making.
SP1107 – Continuous Professional Growth	Encourages skill development and lifelong learning. Teaching is positioned as an evolving profession.
SP1108 – Confidence Building for Teachers	Supports self-belief and professional identity. Reduces self-doubt and comparison
SP1109 – Finding Meaning in Early Years Education	Reconnects teachers with purpose and impact. Reinforces the value of early childhood work
Course Mode	Email Based (with guide assistance)
Course Fee	₹4200 - Indian learners \$90 – Intl. Learners
Course Mode	Whats App Based (with guide assistance)
Course Fee	₹5600 - Indian learners \$120 – Intl. Learners
Course Mode	Session Based (with 6 one-to-one sessions)
Course Fee	₹8200 - Indian learners \$210 – Intl. Learners

For Admissions -

To Know about Course details and Commencement dates, Text or WhatsApp Course No and Your Email ID to 0091 9600 8000 20 or email us at info@wiseteacher.in