

Course Name	–	CERTIFICATE IN PRESCHOOL TEACHER WELL-BEING (CNO SP11)
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)	Whats App Based (with guide assistance)	Session Based (with 6 one-to-one sessions)
Course Fee	₹4200 - Indian learners \$90 – Intl. Learners	₹5600 - Indian learners \$120 – Intl. Learners	₹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