

Course Name	–	<u>CERTIFICATE IN TEACHER EMOTIONAL WELL-BEING & PROFESSIONAL IDENTITY</u>
Course Duration	–	Module based completion / Total 06 Modules / 24x7 Virtual Support (CNO SP29)
Course Mode	–	Online / Downloadable & Reusable Materials / Guide Assisted / Practice Based
Learning Mode	–	Email Based / Whats App Based/ Session Based (6 sessions for 6 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 : This course supports primary school teachers in understanding and managing the emotional demands of teaching while strengthening their professional identity. Teachers learn strategies to prevent burnout, regulate stress, maintain healthy boundaries, and reconnect with purpose, confidence, and long-term commitment to the profession.

Course Modules	Brief Course Module Descriptions
SP2901 – Emotional Demands of Teaching in Primary Grade	This module explores the hidden emotional labour involved in teaching children aged 6–11. Teachers learn how constant caregiving, behaviour management, and performance expectations impact well-being. Awareness of emotional load is the first step toward sustainability
SP2902 – Recognising Stress, Fatigue, and Burnout	Focuses on early warning signs of stress and burnout in teachers. Teachers learn to differentiate between normal tiredness and deeper emotional exhaustion. The consequences of ignoring these signs are discussed.
SP2903 – Emotional Regulation and Self-Care for Teachers	Introduces practical strategies for managing emotional reactions in and outside the classroom. Teachers learn grounding, reflection, and self-regulation techniques. Self-care is framed as professional responsibility, not indulgence.
SP2904 – Professional Boundaries with Students, Parents, and Institutions	Examines the importance of setting healthy boundaries in teaching roles. Teachers learn how blurred boundaries increase stress and reduce effectiveness. Strategies for maintaining respectful limits are explored.
SP2905 – Reflective Practice and Professional Growth	Encourages reflective thinking to improve practice and self-awareness. Teachers learn simple tools to reflect without self-blame. Reflection is positioned as a growth-oriented professional habit.
SP2906 – Reconnecting with Purpose and Professional Identity	Focuses on meaning, values, and long-term motivation in teaching. Teachers reflect on why they chose the profession and how to sustain passion. Teaching is reframed as skilled, impactful 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