

# Indicative list of professional development opportunities

## Early Childhood Development (ECD) related courses

Course	Description	Duration
<b>The Best Start in Life: Early Childhood Development for Sustainable Development</b> <a href="#">🔗</a> 	Child development in early years, effect of culture on child development, and the intersection of childcare, education, health, and nutrition	8 weeks
<b>Early Childhood Development: Global Strategies for Implementation</b> <a href="#">🔗</a> 	Best practices in child and family policies, and generating innovative, scalable intervention strategies that support child development	7 weeks
<b>Introduction to Early Childhood</b> <a href="#">🔗</a> 	Fundamentals of ECD, the importance of play, and the significance of family in early education programs	10 hours
<b>Principles of Childhood Development</b> <a href="#">🔗</a> 	Foundations of a child's emotional and social development, and underpinnings of crucial skills such as communication and socialization	4 hours

## Early Childhood Care and Education (ECCE) related courses

Course	Description	Duration
<b>Early Childhood Care and Education</b> <a href="#">🔗</a> 	Development of young children, as well as guidelines on supporting children's learning	15 weeks
<b>Foundations of Teaching for Learning: Developing Relationships</b> <a href="#">🔗</a> 	Strengthening teaching skills, professionalism, and developing strong relationships with families to assist learning	12 hours
<b>Montessori Teaching – Fundamental concepts and principles</b> <a href="#">🔗</a> 	Fundamental concepts in teaching & observations on learning behaviors of children in early years	3 hours

## Mental Health related courses

Course	Description	Duration
<b>Mindfulness for Wellbeing and Peak Performance</b> <a href="#">🔗</a> 	How mindfulness works and how to utilize different mindfulness techniques	6 weeks
<b>Positive Psychiatry and Mental Health</b> <a href="#">🔗</a> 	Different aspects of good mental health, relaxation techniques, and understanding major kinds of mental disorders & their treatments	6 weeks
<b>Mental Health and Resilience for Healthcare Workers</b> <a href="#">🔗</a> 	Management of mental health challenges for healthcare workers and building resilience through effective techniques	5 weeks
<b>The Science of Well-Being</b> <a href="#">🔗</a> 	Misconceptions about happiness and how to incorporate wellness activities into everyday life	20 hours
<b>Managing Emotions in Times of Uncertainty &amp; Stress</b> <a href="#">🔗</a> 	Understanding and managing own emotions, as well as guidance for educators on navigating student emotions	10 hours
<b>Understanding Behaviour, Burnout and Depression</b> <a href="#">🔗</a> 	Mechanisms to deal with emotional distress and personality disorders	3 hours