

ENHANCING HOLISTIC TEACHER WELLBEING

A SACE-endorsed CPTD Mentorship Programme

COURSE PROSPECTUS · JANUARY 2027 INTAKE

Transform. Inspire. Impact.

SACE Provider No. PR000001199 · 40 CPTD points · Six-month hybrid programme

WELCOME

Empowering the people who change lives.

EduFocus Connect Consulting believes that sustainable educational impact begins with educators who feel seen, supported and equipped to flourish. Enhancing Holistic Teacher Wellbeing is a reflective, mentorship-driven professional learning journey that develops educators not only as professionals, but as whole human beings.

The programme creates space for participants to pause, reflect, reconnect with purpose and translate insight into practical, sustainable action. Learning is grounded in the interconnected dimensions of emotional, financial, social, spiritual, occupational, physical, intellectual and environmental wellbeing.

“Education is less about changing lives and more about empowering the people who change lives.”

Dr Dorothy E. Esau

Founder, CEO, Programme Director and Lead Facilitator

Dr Esau is an educator, academic, researcher, author, speaker and teacher-development practitioner. Her doctoral research on beginner teachers and school support informs her specialisation in newly qualified and novice teacher transition, mentorship, professional identity and holistic wellbeing.

PROGRAMME AT A GLANCE

A supported six-month professional journey.

DURATION	Six months
STRUCTURE	Five reflective modules
DELIVERY	Hybrid: online and contact learning
SESSIONS	Three online and one contact session per module
NOTIONAL HOURS	24 per module · 120 total
CPTD POINTS	8 per module · 40 total
LEARNING MODEL	Reflection, application, mentorship and evidence
NEXT INTAKE	January 2027

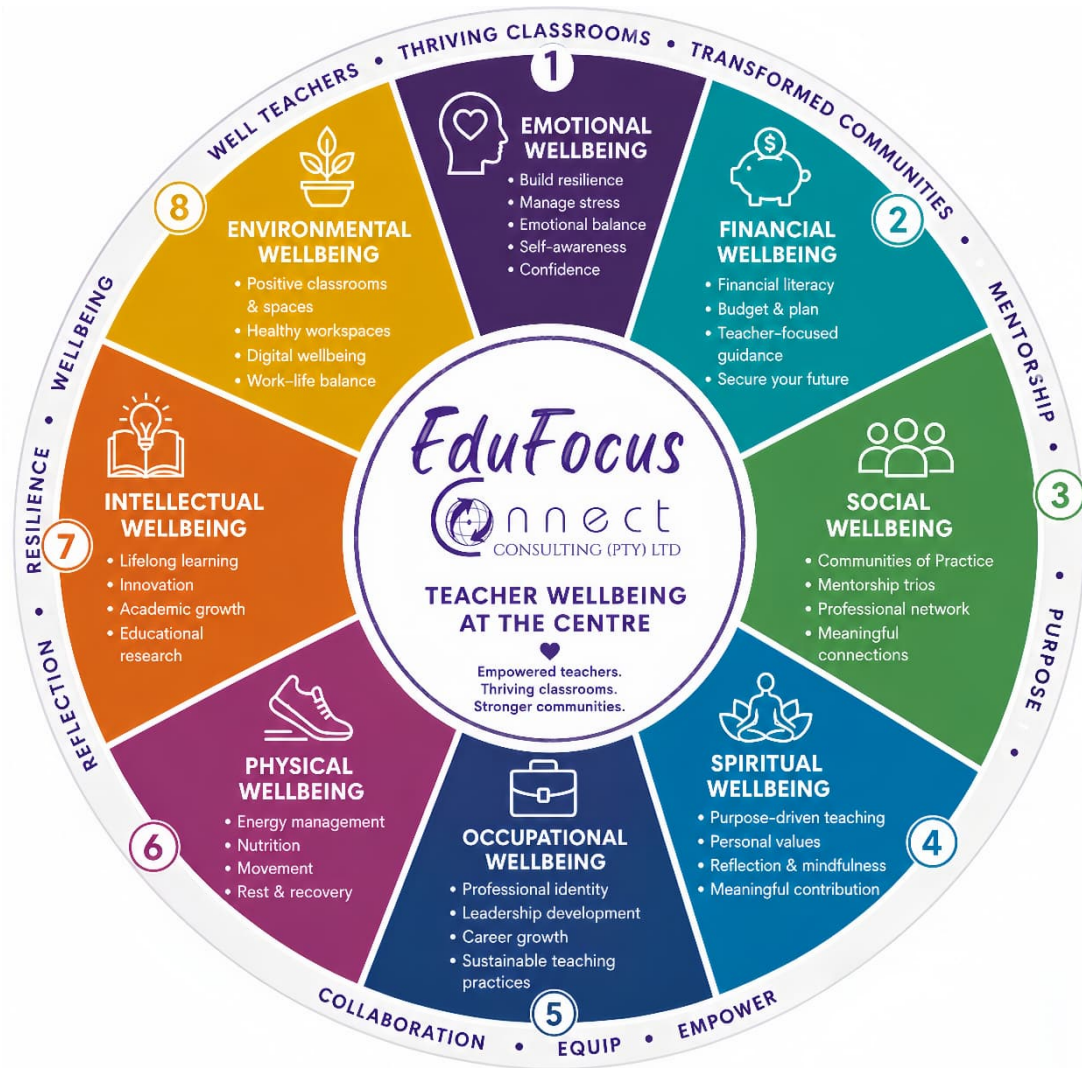
Who should participate?

- Aspiring, newly qualified and novice teachers
- Experienced educators seeking renewal and sustainable practice
- Heads of Department, principals and school leaders
- Teacher educators and education professionals
- Educators who value reflection, mentorship and professional community

THE FRAMEWORK

Teacher wellbeing at the centre.

The EduFocus Wellness Wheel presents eight interconnected dimensions. Growth in one dimension can strengthen—and strain in one dimension can affect—the whole educator.



LEARNING DESIGN

Learn. Practise. Reflect. Apply.

Guided reflection

Structured prompts help participants connect learning to their own professional context.

Mentorship trios

Mentor–Mentee–Observer relationships encourage listening, accountability and mutual learning.

Practical application

Participants apply tools and strategies within real teaching and leadership contexts.

Reflective workbook

The workbook records insight, action, evidence and professional growth.

Portfolio of Evidence

Evidence is developed progressively across the five modules rather than compiled only at the end.

Professional community

Peer connection strengthens belonging, support and learning beyond formal sessions.

MODULE 01

Self-Awareness and Maintaining Sustainable Professional Boundaries

Wellbeing focus: Emotional and occupational foundations

Wellness self-assessment; emotional regulation; sustainable boundaries; mentorship-circle formation.

Indicative Portfolio of Evidence contributions

- Completed personal Wellness Wheel
- Boundary Charter
- Reflection on a regulation technique
- First mentorship-trio meeting record

Each module carries 8 CPTD points and is designed around three online sessions and one contact session.

MODULE 02

Energy Management and Teaching Environment

Wellbeing focus: Physical and environmental sustainability

Energy management; classroom ergonomics; sustainable routines; environmental wellbeing.

Indicative Portfolio of Evidence contributions

- Daily Energy Audit
- Teacher's Energy Budget
- Classroom Ergonomics Checklist
- Environmental Wellness Plan

Each module carries 8 CPTD points and is designed around three online sessions and one contact session.

MODULE 03

Developing a Growth Mindset, Lifelong Learning, and Purpose-Driven Teaching

Wellbeing focus: Intellectual and spiritual growth

Growth mindset; lifelong learning; values and purpose; reflective practice.

Indicative Portfolio of Evidence contributions

- Mindset Shift Plan
- 12-Month Professional Development Plan
- Teaching Philosophy Draft
- Wellness Lab idea
- Reflective journal entry

Each module carries 8 CPTD points and is designed around three online sessions and one contact session.

MODULE 04

Financial Literacy and Professional Support Channels to Build a Strong Network

Wellbeing focus: Financial and social wellbeing

Educator-specific financial planning; social capital; work-life integration; community resources.

Indicative Portfolio of Evidence contributions

- Academic Year Cash Flow Map
- Term-Based Budget
- Social Network Map
- Mentorship Plan
- Legacy Project Canvas

Each module carries 8 CPTD points and is designed around three online sessions and one contact session.

MODULE 05

Transformational Leadership Development

Wellbeing focus: Holistic wellness leadership

Mentorship leadership; transformational peer coaching; impact evaluation; sustainability planning.

Indicative Portfolio of Evidence contributions

- Peer coaching and mentorship records
- Wellness initiative evidence
- Impact reflection or report
- Final integrative project
- Sustainability plan

Each module carries 8 CPTD points and is designed around three online sessions and one contact session.

NEW IN 2027

Newly Qualified & Novice Teacher Chapter

From 2027, a dedicated chapter will be incorporated into Enhancing Holistic Teacher Wellbeing. It will support the transition from initial teacher education into confident, sustainable professional practice.

Participants in this chapter will engage with all five programme modules through an early-career transition lens, connecting each wellbeing theme to the realities of beginning professional practice.

- Structured mentorship and transition support
- Professional identity and confidence building
- Safe reflective spaces and peer connection
- Practical responses to classroom and workplace realities
- Sustainable wellbeing, boundaries and resilience
- Belonging within a wider community of educators

ASSESSMENT AND EVIDENCE

A portfolio that shows learning in action.

Participants build a Portfolio of Evidence progressively throughout the programme. It connects personal learning, professional application, mentorship and reflective evidence.

- Personal and mentee-focused Wellness Wheel assessments
- Five implementation plans with notes on mentorship application
- At least ten reflective journal entries, including mentorship reflections
- Peer coaching and mentorship-session records
- A final integrative project on a personal wellbeing and mentorship initiative

Assessment considers analytical depth, relevance of strategies, implementation planning and integration of the programme's mentorship and wellbeing framework.

PROGRAMME OUTCOMES

Leave better equipped to flourish and lead.

- Demonstrate deeper self-awareness and a stronger professional identity
- Apply sustainable boundaries, energy-management and wellbeing practices
- Use reflection as a tool for personal and professional learning
- Build stronger mentorship relationships and professional support networks
- Develop financial, social and environmental wellbeing strategies
- Strengthen purpose, confidence and transformational leadership capacity
- Plan and evaluate a wellbeing or mentorship initiative within a professional context

PARTICIPATION

What the journey asks of you.

- Active participation in online and contact sessions
- Respect for confidentiality within mentorship relationships
- Completion of reflective workbook activities
- Progressive development of the Portfolio of Evidence
- Application of learning within a real professional context
- Constructive participation in mentorship and peer-learning relationships

Participants require reliable internet access for online sessions and a suitable device for accessing course resources and completing digital activities.

IMPORTANT PROGRAMME INFORMATION

Quality, privacy and responsible participation.

SACE status: EduFocus Connect Consulting is a SACE-accredited provider. The programme is SACE-endorsed and contributes 40 CPTD points.

Document control: Participant requirements will be aligned with the approved programme documentation. Any additional evaluation or usability tools will be identified as EduFocus enhancements and will not replace official SACE requirements.

Privacy: Participant information will be used for programme communication, enrolment, administration, assessment and impact evaluation in accordance with applicable privacy requirements.

Intellectual property: Course resources are supplied for the registered participant's personal professional learning. Redistribution, resale or unauthorised publication is not permitted.

REGISTRATION

Join the January 2027 intake.

Complete the EduFocus registration form to receive programme and enrolment information. Final dates, participation arrangements and any applicable fees will be confirmed directly with prospective participants.

EMAIL	info@edufocusconnect.com
LOCATION	Gordon's Bay, Western Cape, South Africa
DELIVERY	Online, in-person and hybrid engagement
WEBSITE	edufocus-connect-consulting.com

Transform. Inspire. Impact.