Ministry of of Education, Technical & Vocational Training
Professional Development Section
Mabel Walker Professional Development Institute

PROFESSIONAL DEVELOPMENT CATALOGUE

For ALL MOETVT Staff

FALL SEMESTER 2025

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📞 **TELEPHONE:** (242) 323-4837

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Instructions to Participants

Participants are advised to carefully read ALL of the instructions before registering for a session.

Give careful attention to the following:
1. Read the course description for each session that interests you.
2. Note the pre-requisites, if any.
3. Note the Mode of Delivery: Virtual, Face-to-Face, Hybrid, Series, Asynchronous, Pre-recorded.
4. When you register for a session, add it to your 365 Calendar, and set a reminder.
5. Seek permission from your supervisor, where appropriate, before registering for a course.

Mode Legends

Virtual

Series

Hybrid

Face-to-Face

Pre-Recorded

Asynchronous: **Self-paced; Access on lms.mwpdi.com**

GENERAL INFORMATION COURSES
- Overview of the Ministry of Education & Technical & Vocational Training
- Ambient Health for Everyday Wellness

GENERAL EDUCATION
- Intro. to Inclusive Media for Education

CLERICAL & SUPPORT STAFF (JANITORIAL, CUSTODIAL, SECURITY STAFF)
- Introduction to Microsoft 365
- Professionalism in the Workplace
- Customer Service Fundamentals (New)
- Technology in the Workplace
- Elevate Workplace Productivity with AI (New)
- Onboarding for New Hires
- Minute Paper Writing (New)

CLASSROOM TEACHERS
- Bahamas Teacher Mentoring Programme
- Classroom Management
- Teacher Wellness - Nurturing a Healthy Professional Life
- Project-Based Learning 2.0

Generalists
- STEM Education for Primary School Educators
- To the Dictionary and Beyond: Strategies for Vocabulary Instruction
- Teaching Children about The Holy Spirit
- Phonics Powerup for Elementary Teachers
- Mental Math Mastery

Subject Specialists
- Connotation and Denotation Strategies
- Context and Structural Clues Instructional Strategies
- Mentoring for Newly Appointed HFLE Teachers

SCHOOL ADMINISTRATORS
- Leadership Toolkit (Coming soon)
- Development and Overview of Education in The Bahamas
- The Administrator's Toolkit - What Every Administrator Needs to Know.

TECHNICAL & EDUCATION OFFICERS
- Creating and Emailing Certificates in Bulk using Mail Merge

REGISTER HERE FOR SELF-PACED COURSES.

COURSE DESCRIPTIONS
General Sessions

Managing Conflict & Change

Virtual

Pre-requisite(s): None
Facilitator: EAP Officer

Course Description
The session will explore the components of conflict and how people react to change. Through hands-on activities, real-life examples, and open conversations, attendees will gain effective conflict resolution strategies and realistic coping skills.

Learning Outcomes
This course will provide participants with strategies to:
1. Identify and prevent conflicts at home, work or socially
2. De-escalate conflict through the use of effective strategies
3. Utilize coping skills to manage personal and professional change

Duration: 2 (1.5 hour sessions)

Meeting Day(s) and Time(s): TBA

Financial Literacy: Savvy Loan Management

Virtual

Pre-requisites: None
Facilitator: TBA

Course Description
The session is designed to empower participants to become smart and strategic in how they understand and manage loans—making informed decisions, avoiding common pitfalls, and improving financial outcomes.

Learning Outcomes
This session will give participants an overview of:
1. Key things to consider when applying for a loan, e.g. Institutions, products, terms and conditions
2. How to evaluate loan offers
3. How to avoid common pitfalls.

Duration: 1 hr.

Meeting Day(s) and Time(s): October 20, 2025

Ambient Health for Everday Wellness

Pre-requisite(s): None

Facilitator: Self-Paced

Course Description

This short self-paced course is designed to help office professionals explore Ambient Health—a modern approach to wellness that blends environmental design with everyday work habits.

Learning Outcomes

By the end of this course, participants will be able to:
 1. Define Ambient Health and understand its core components.
2. Assess and improve their physical environment for wellness.
3. Integrate ambient health strategies into their daily routine.

Duration: 1 Hours

Delivery Mode: Self-Paced: Access on lms.mwpdi.com

COURSE DESCRIPTIONS
Clerical & Support Staff

BTVI Information Session — Virtual

Pre-requisite(s): Clerical & Support staff
Facilitator: Recruitment Officers, BTVI

Course Description
This session is designed to inform participants about the programmes offered by BTVI.

Learning Outcomes
The session will:
1. Provide a comprehensive overview of the Bahamas Technical and Vocational Institute's (BTVI) educational programs, including certificate courses, degrees and professional development courses.
2. Inform attendees about the various career paths and job opportunities available through the programs offered at the BTVI.

Duration: 1 Hour

Meeting Day(s) and Time(s): October 8, 2025 @ 10:30 a.m. - 11:30 a.m.

Filing and Record-Keeping Procedures — Face-to-Face

Pre-requisite(s): Clerical & Support staff
Facilitator: EO Janice M. Rolle, Professional Development Section

Course Description
This course is designed to equip learners with the practical skills and knowledge needed to manage physical and digital records with accuracy and confidentiality.

Learning Outcomes
The session will:
1. Identify key types of filing systems.
2. Demonstrate accurate and efficient filing techniques.
3. Apply record retention and disposal policies.
4. Maintain confidentiality and data integrity while managing records.

Duration: 6 Hours

Meeting Day(s) and Time(s): October 14-16, 2025 @ 10:00 p.m. - 12:00 noon at Mabel Walker Professional Development Institute

Business Correspondence

Face-to-Face

Pre-requisite(s): Clerical Staff

Facilitator: TBA

Course Description

The session is designed to equip Clerical staff with the knowledge and skills to format and key various types of business correspondence.

Learning Outcomes

Participants will be able to:
1. Identify types of business correspondence
2. Compose business correspondence using instructions given
3. Format and key various types of business correspondence

Duration: 2 Weeks

Meeting Day(s) and Time(s): November 10-14, 2025 @ 10:00 a.m. - 12:00 noon

Introduction to Computers Part 2

Face-to-Face

Pre-requisite(s): Custodial & Security Staff Only
Facilitator: Mrs. Marquella Farquharson, TT, A. F. Adderley Jr. High

Course Description

Part 2 of the Introduction to Computers course builds on foundational knowledge by guiding participants through essential computer operations and practical skills. This course focuses on navigating the Windows environment, managing digital files, and using common software applications to support everyday tasks in the workplace.

Learning Outcomes

By the end of this session, participants will be able to:
1. Identify various commonly used productivity software
2. Describe the purpose of each software introduced
3. Format and key basic documents

Duration: 2 Hours

Meeting Day(s) and Time(s): December 2, 2025 @ 10:00 p.m. - 12:00 noon at Mabel Walker Professional Development Institute

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Best Practices for Safety and Sanitation

Face-to-Face

Pre-requisite(s): Janitorial & Custodial Staff only
Facilitator: TBA

Course Description
This session is designed to provide a guide for maintaining high standards of cleanliness, focusing on the safe use of cleaning chemicals and effective sanitation and disinfection practices.

Learning Outcomes
The session will provide participants with an overview of:
1. The importance of cleanliness in health and safety
2. The difference between cleaning, sanitizing and disinfecting
3. Effective methods of sanitation and disinfection
4. Personal protective equipment (PPEs)

Duration: 2 Hours

Meeting Day(s) and Time(s): TBA

Effective Cleaning Practices and Inventory Management

Face-to-Face

Pre-requisite(s): Janitorial & Custodial Staff only

Facilitator: TBA

Course Description
This session is designed to give participants insights into creating efficient cleaning protocols and maintaining adequate supplies.

Learning Outcomes
The session will provide participants with an overview of:
1. Essential cleaning tasks for various environments
2. Selecting appropriate cleaning products for specific tasks
3. Understanding the importance of product effectiveness and safety
4. Techniques for effective inventory tracking and management

Duration: 2 Hours

Meeting Day(s) and Time(s): TBA

BJC English Language Classes

Face-to-Face

Pre-requisite(s): None
Facilitator: Mrs. D'Metria Smith, TT, C. H. Reeves Jr. High School

Course Description
This course is designed to prepare participants to sit the BJC English Language exam.

Learning Outcomes
This course will provide participants with strategies to improve:
1. Listening skills
2. Writing skills
3. Comprehension skills

Duration: September 27 - November 30, 2025 & January 17 - May 30, 2026
Meeting Day(s) and Time(s): Saturdays @ 9:00 a.m. - 11:30 a.m. at Mabel Walker Professional Development Institute.

BJC Mathematics Classes

Face-to-Face

Pre-requisite(s): None

Facilitator: Ms. Deidrie Smith, TT, C. H. Reeves Jr. High School

Course Description
This course is designed to prepare participants to sit the BJC Mathematics exam.

Learning Outcomes
This course provides participants with strategies to:
1. Become Mathematical problem solvers
2. Recall, apply and interpret mathematical knowledge in the context of everyday situations
3. Perform calculations using the correct methods

Duration: September 16 - November 27, 2025 & January 13 - May 28, 2026

Meeting Day(s) and Time(s): Tuesdays & Thursdays @ 4:00 p.m. - 5:30 p.m.

at the Mabel Walker Professional Development Institute

BGCSE English Language

Pre-requisite(s): BJC English Language with grade 'C' or above
Facilitator: Ms. Deandra Dorsette, TT, C. V. Bethel Sr. High School

Course Description

This course is designed to prepare participants to sit the BGCSE English Language exam.

Learning Outcomes

This course will provide participants strategies to develop:
1. Critical reading skills
2. Writing skills
3. Vocabulary skills
4. Communication skills

Duration: September 15 - November 26, 2025 & January 12 - May 27, 2026

Meeting Day(s) and Time(s):   Mondays & Wednesdays @ 4:00 p.m. - 5:30 p.m. at Mabel Walker Professional Development Institute

BGCSE Mathematics

Pre-requisite: BJC Math with grade 'C' or above

Facilitator: Ms. Sheenah Daniels, Trained Teacher, GHS

Course Description:

This BGCSE Mathematics course is designed to prepare participants to take the Mathematics BGCSE examination.

Objectives:

Participants will be able to:

1. Demonstrate and apply knowledge and sense of numbers to include numeration, patterns, ratio and proportion.
2. Estimate and understand the meaning, use and connection between the four basic operations.
3. Use algebraic and analytical methods to identify and describe patterns and relationships in data, solve problems and predict results.
4. Make and use appropriate measurements of objects, quantities, and relationships and determine acceptable levels of accuracy.

Duration: September 16 - November 27, 2025 & January 13 - May 28, 2026

Meeting Day(s) and Time(s): Tuesdays & Thursdays @ 4:00 p.m. - 5:30 p.m. at the Mabel Walker Professional Development Institute

Introduction to Microsoft 365

Pre-requisite(s): Persons new to Microsoft 365
Facilitator: Self-Paced

Course Description

This self-paced course introduces participants to the Microsoft 365 suite of tools and services, designed to enhance productivity, collaboration, and organization in the modern workplace.

Learning Outcomes

By the end of this course, participants will be able to:
1. Identify and navigate the core components of the Microsoft 365 suite
2. Use Microsoft Outlook and Calendar to manage communication and scheduling effectively
3. Apply Office productivity apps (Word, Excel, PowerPoint) for document creation and data management
4. Utilize web-based apps such as Forms, To Do, Sway, Teams, and Stream to support collaboration and workflow efficiency

Duration: 3 Hours

Delivery Mode: Self-Paced: Access on lms.mwpdi.com

Professionalism in the Workplace

Pre-requisite(s): None
Facilitator: Self-Paced

Course Description

This self-paced course offers participants a foundational understanding of professionalism in the workplace. It explores the essential principles and practices that contribute to developing and maintaining a strong professional image, fostering effective relationships, and enhancing career growth.

Learning Outcomes

By the end of this course, participants will be able to:
1. Enhance their professional image through intentional behavior and presentation
2. Expand their professional skill set to support workplace effectiveness
3. Establish and maintain professional networks that promote collaboration and career advancement

Duration: 3 Hours

Delivery Mode: Self-Paced: Access on lms.mwpdi.com

Technology in the Workplace

Self-paced

Pre-requisite(s): None
Facilitator: Self-Paced

Course Description
This course is designed to highlight the importance and benefits of technology in the workplace. Participants are encouraged to embrace technology and to acquire the necessary skills to utilize the tools available.

Learning Outcomes
Participants will gain an overview of:
1. Types of office technology
2. Benefits of office technology
3. Common workplace technology tools
4. Available workplace software products

Duration: 3 Hours

Delivery Mode: Self-Paced: Access on lms.mwpdi.com

Onboarding for New Hires

Self-paced

Pre-requisite(s): New Hires of the MOETVT

Facilitator: Self-Paced

Course Description
This course is designed to integrate new hires into the organization by familiarizing them with the Ministry's structure, culture, mission and values.

Learning Outcomes
Participants will be introduced to:
1. The Mission, goals and values of the MOETVT
2. Strategies for setting SMART career goals
3. Technology that supports the work of the MOETVT

Duration: 2 Hours

Delivery Mode: Self-Paced: Access on lms.mwpdi.com

Elevate Workplace Productivity with AI

Self-paced

Pre-requisite(s): Clerical Staff
Facilitator: Self-Paced

Course Description

This course provides a comprehensive introduction to artificial intelligence (AI) and its applications in various professional settings. Participants will learn about key AI concepts, explore practical tools, and develop skills to leverage AI for automating tasks and improving workplace efficiency.

Learning Outcomes

Through practical examples and guided exploration, participants will gain insight into:

1. Introduction to AI in the Office
2. Streamlining routine tasks with AI
3. Enhancing communication efficiency
4. Generative AI for office content creation
5. Ethical considerations and future trends

Duration: Self-Paced

Delivery Mode: Access on lms.mwpdi.com starting October 20, 2025.

Customer Service Fundamentals

Self-paced

Pre-requisite(s): Clerical & Support Staff

Facilitator: Self-Paced

Course Description

This course will zero in on the fundamentals of customer service. You'll learn how customer service impacts a business, how to balance being personable and being professional, and how you can meet and exceed customer expectations.

Learning Outcomes

Participants will engage in an indept exploration of:

1. What is customer service and why does it matter:
2. Balancing personable and professional customer service
3. Meeting and exceeding customer expectations

Duration: 5 Hours

Delivery Mode: Self-Paced: Access on lms.mwpdi.com

Minute Paper Writing Short Course

Self-paced

Pre-requisite(s): Clerical Staff
Facilitator: Self-Paced

Course Description

This self-paced mini course is designed to equip participants with the skills to write clear, concise, and professional Minute Papers for internal communication.

Learning Outcomes

Through practical examples and guided exploration, participants will be able to:
1. Explain what is a Minute Paper
2. Describe the purpose of a Minute Paper
3. Apply best practice to format a Minute Paper

Duration: Self-Paced

Delivery Mode: Access on lms.mwpdi.com starting October 20, 2025.

COURSE DESCRIPTIONS
NEW TEACHER
MENTORSHIP PROGRAM

Bahamas Teacher Mentoring Programme

Self-Paced

Pre-requisite(s): Newly hired MOETVT teachers
Facilitator: Various Facilitators - Hybrid Mode

Course Description:
The Bahamas Teacher Mentoring Programme aims to provide new and beginning teachers with support, guidance, feedback and problem-solving strategies, while introducing teachers to a network of colleagues, willing to share resources, insights, practices and motivation. The sessions are held every Tuesday for 8 weeks.

Course Outline:
1. Building a Culture of Professionalism
2. Health and Financial Wellness
3. Recordkeeping
4. Classroom Management
5. Best Practices I – Concept and Research Based Instructional Practices
6. Best Practices II - Technology Integration
7. Parent Teacher Conferencing & Parental Involvement
8. Teaching and the Law: The Bahamian Context

Deliver Mode: Self-Paced Course: Access on lms.mwpdi.com

Introduction to Microsoft 365

Virtual

Pre-requisite(s): **New Teacher**
Facilitator: TBA

Course Description:

This workshop is designed to help educators effectively integrate Microsoft 365 tools into their teaching practices. Participants will learn how to use a variety of Microsoft 365 applications to enhance lesson planning, facilitate student collaboration, manage classroom activities, and streamline communication.

Objectives:
This session will enable participants to:
1. Explore key applications such as Teams, OneNote, PowerPoint, and Forms.
2. Use Microsoft 365 tools to facilitate student collaboration and interactive learning.
3. Streamline lesson planning, grading, and communication using Microsoft 365 tools.

Duration: 1.5 hours

Meeting Day(s) and Time(s): Tuesday, September 30th, 2025 at 4:30 p.m. - 6:00 p.m.

Introduction to Teacher Performance Appraisal

Virtual

Pre-requisite(s): None
Facilitator: TBA

Course Description:

This workshop is designed to introduce newly hired educators of the expectations of them regarding their job performance, using a grading instrument facilitated by school administrators of the Ministry of Education.

Objectives:
This session will enable participants to:
1. Discuss the categories of the Teacher Appraisal Form
2. Explain the requirements of teachers.
3. Understand the grading scale of the Teacher Appraisal Form

Duration: 1 hour

Meeting Day(s) and Time(s): Wednesday, October 8th, 2025, at 4:30 p.m. - 5:30 p.m.

Classroom Management

Self-Paced

Pre-requisite(s): **New Teacher**

Facilitator: TBA

Course Description: This module is designed to present best practices in classroom and behaviour management to build a safe and engaging environment - from organizing time, materials, and classroom space to the implementation of behaviour strategies and classroom procedures and expectations.

Objectives:
1. Define why classroom management is so important.
2. Identify and explain various classroom management strategies.
3. Differentiate between methods of classroom management strategies.

Delivery Mode: Self-Paced. Registration Required: MWPDI Online (lms.mwpdi.com)

Record Keeping - Attendance Book

Virtual

Pre-requisite(s): None

Facilitator: TBA

Course Description:

This workshop is designed to assist new teachers with knowledge and skills relative to Record-keeping. It is an essential aspect of teaching in the Bahamas, as it is in education systems worldwide.

Objectives:
This session will enable participants to:
- Discuss the importance of record keeping.
- Explain record-keeping methods.
- Describe how to design and calculate an attendance register.

Duration: 1 hour

Meeting Day(s) and Time(s): Tuesday, November 4th, 2025, at 4:30 p.m. - 5:30 p.m.

COURSE DESCRIPTIONS
CLASSROOM TEACHERS

Teacher Wellness: Nurturing a Healthy Professional Life

Self-paced

Pre-requisite(s): None
Facilitator: Dr. Wells

Course Description:
The modules in the Teacher Wellness Series are designed to promote positive change and personal growth in the education profession.

Course Outline:
This course will provide participants with strategies to:
1. Enhance their teaching skills by identifying and implementing positive, healthy strategies to self-monitor and maintain personal balance
2. Become mindfully aware of self-identity and emotions and practice
3. Model health and well-being to students and peers

Duration:1 Hour

Meeting Day(s) and Time(s): Thursday October 2nd, 2025 @5p.m. - 6p.m.

Technology Integration in the Classroom Part 1

Virtual

Pre-requisite(s): None

Facilitator:

Course Description:
This workshop is designed to provide educators with strategies and tools on how to integrate technology in the classroom to enhance their teaching skills.

Learning Outcomes:
This session will provide participants with strategies to:
1. Identify devices that can be used to integrate technology in the classroom.
2. Discuss methods of assessment that could be created using technology.
3. Develop a lesson using a form of integrated technology.

Duration: 1.5 hours

Meeting Day(s) and Time(s): Wednesday, November 6, 2025 at TBA

Junkanoo Integration in the Curriculum

Virtual

Pre-requisite(s): None

Facilitator: TBA

Course Description
This session will provide participants with information on methods of integrating Junkanoo into lessons from subjects across the curriculum.

Learning Outcomes
1. Discuss why Junkanoo is being encouraged into our curriculum.
2. Explain ways that we implement Junkanoo in our lessons.
3. Describe ways in which teachers can engage students in Junkanoo

Duration: 1 hour

Meeting Day(s) and Time(s): End Date November 15th, 2025

COURSE DESCRIPTIONS
School Administrators

BELMS: Making Reporting and Monitoring more Effective

Face-to-Face

Pre-requisite(s): All Administrators

Facilitators: EO Kimberly Musgrove (Research & Planning)

Course Description:
This course is designed to provide novice administrators with an introduction to the BELMS

Learning Outcomes:
The course will enable participants to:
1. Facilitate effective data analysis and strategy implementation.
2. Explore the various elements of the EMIS and LMS platforms
3. Effectively use reporting and monitoring applications.

Duration: 2 hours

Meeting Day(s) and Time(s): Wednesday 8th October,2025
9:00am - 11:00am

Registration Required: https://forms.office.com/r/kLP6qpEuy7

Administrators Learning Lab

Hybrid

Pre-requisite(s): School Administrators Only (SMs, VP, P)

Facilitator(s): SEO Samantha Wilson, Innovation Unit

Course Description:
The Administrator's Learning Lab (ALL) is a professional learning community (PLC), hosted by the Innovation Unit, designed to empower school administrators with the knowledge, tools, and collaborative networks necessary to use and lead technology integration effectively. ALL fosters innovation, collaboration, and capacity building to transform school leadership in the digital age.

Learning Outcomes:
1. Build Capacity – Equip administrators with practical digital skills and strategies for effective school management and instructional leadership.
2. Foster Collaboration – Create a professional community where administrators share best practices, challenges, and solutions.
3. Promote Innovation – Encourage the exploration and responsible adoption of emerging educational technologies.
4. Sustain Growth – Provide ongoing, relevant, and flexible professional development that adapts to administrators' evolving needs.

Register to Join the Community: https://forms.office.com/r/yUdKG1M7Ej

Maintaining Mental Health in Leadership

Virtual 📹

Pre-requisite(s): All School Administrators

Facilitator: Dr. Nevillene Evans

Course Description:
This course is designed to provide school administrators with information, strategies and resources to maintain their personal mental health while balancing the responsibilities of leadership.

Learning Outcomes:
This course will cover the following topics:
1. What is Mental Health?
2. Understanding Stress & Stressors
3. Strategies to manage stress

Duration: 1.5 hours
Date: Monday 27th October, 2025
Time: 11:00 am - 12:30pm

The Administrator's Toolkit: What Every Administrator Needs to Know

Self-Paced 📧

Pre-requisite(s): Administrators Only

Facilitator: TBA

Course Description:
The session is designed to provide novice school leaders with an overview of the skills, tools and resources available within the Department of Education to support the fulfillment of roles and responsibilities.

Learning Outcomes:
This session will give participants an overview of:
1. Role & Responsibilities.
2. Resources available within the Department of Education for Administrators
3. Basic digital tools to effectively execute roles and responsibilities

Duration: 3 (1.5 Hour Sessions)

Delivery Mode: Self-Paced. Access on lms.mwpdi.com

COURSE DESCRIPTIONS
Technical Officers

Technology in the Workplace: Using Excel & AI platforms in the work place

Face - To- Face

Pre-requisite(s): All Technical Officers
Facilitator: ADE, Byron Small, Technology Section, MOETVT

Course Description:
This session is designed to provide participants with the skills and knowledge needed in the workplace to enhance productivity.

Learning Outcomes:
This session will allow participants to:
1. Identify the basic functions of Excel and AI in the workplace.
2. Create basic documents using Excel and AI platforms.
3. Differentiate between both platforms and identify reasons and purposes for their use.

Duration: 1 1/2 Hours

Meeting Day(s) and Time(s): Wednesday 15st, October 2025 at 10am - 11:00am (**BYOD)**

Leadership In The Workplace

Face -To-Face

Target Group: Technical Officers
Facilitator(s): TBA
Course Description:
This training session is designed to equip leaders in key positions with the strategies that will build productive teams in the workplace.

Objectives:
This course will enable participants to:
1. Discover the different types of leadership styles in an organization.
2. Discuss how leadership styles can enhance or hinder productivity in the workplace.
3. Discover how leadership styles can motivate or demotivate employees
4. Identify how to build effective teams while motivating employees in the workplace.

Duration: 1 ½ Hours - 9:30am - 11:00am

Meeting Day(s) and Time(s): Wed. 29th October 2025

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Health and Safety in the Workplace   **Virtual** 📹

Pre-requisite(s): All Technical Officers
Facilitator: DPS Alex Carey, Diaster, Risk, Health & Safety - MOETVT

Course Description:
This session is designed to provide Officers with the knowledge of working in a safe or hazardous environment.

Learning Outcomes:
This session will allow participants to:
1. Discuss strategies for maintaining a safe working environment.
2. Identify causes and effects of a hazardous work environment.
3. Discuss a health and safety plan for the safe keeping of all employees
4. Identify tools for dealing with emergencies in a work environment.

Duration: 1 Hour

Meeting Day(s) and Time(s): Monday 3rd, November 2025 @ 3:30 p.m. - 4:30 p.m.

Health and Fitness - How Important is it?   **Virtual** 📹

Target Group: Technical Officers
Facilitator(s): TBA

Course Description:
This session is designed to allow participants to develop the knowledge and awareness of the importance of keeping the body healthy.

Objectives:
Participants will be able to:
1. Identify the importance for periodic self care.
2. Explain how being unhealthy impacts the body
3. Explore ways people can keep the body fit and healthy

Duration: 1 Hour

Meeting Day(s) and Time(s): TBA

Registration Page

Registration begins: September 30, 2025

SELF -PACED ONLINE COURSES REGISTER HERE

CLERICAL/SUPPORT STAFF AND 52-WEEK WORKERS REGISTER HERE

CLASSROOM TEACHERS REGISTER HERE

SCHOOL ADMINISTRATORS REGISTER HERE

TECHNICAL OFFICERS REGISTER HERE

****Please note that you may be required to register for individual sessions.**

Email: professionaldevelopment@moe.edu.bs
Professional Development Section | 323-4837
Mabel Walker PD Institute | 323-7093