

# Microcredentials and free training

## LinkedIn Learning – free courses

### 8 courses to help leaders clearly communicate and influence positive change in times of crisis

The number of leaders (professionals Director-level and above) taking a course on LinkedIn Learning has increased 41% faster month-over-month than all other seniority levels. Leaders around the world are turning to online learning to cultivate the communication, leadership, and management skills they need to lead teams through this uncertain time. [Dive into these courses](#) free through June 30 helping leaders learn.

### 6 courses to help you manage stress and build mindfulness into your 'new normal'

To help professionals get the support they need, [these six free courses](#) through June 30 on mindfulness and stress management to help you build up your self-care toolbox—global pandemic or not.

## Te Whare Wānanga o Awanuiārangi

### Te Pōkaitahi Tikanga (Māori development) (Kaupae 3)

A free online 20-week course, in tikanga. [This qualification](#) is for people who want to develop some understanding of tikanga (plural) within a specialist field founded on a Māori world view.

### New Zealand certificate in health and wellbeing Level 2

Te Whare Wānanga o Awanuiārangi also supports students right from level 2 (and 3 and 4) into health careers, and has pathways similar to Trades Academy. [The purpose of this qualification](#) is to recognise the entry-level skills and knowledge required to provide person-centred support in the health and wellbeing sectors, and to provide a training pathway for entry into careers in the health and wellbeing sectors. This qualification is targeted at entrants into the health and wellbeing sectors, including those re-entering the workforce. It provides foundation skills to ensure that workers are safe to work at an entry level in a health or wellbeing setting. The graduates will benefit by gaining recognition of the transferrable skills and knowledge valued in the health and wellbeing sectors.

## Te Wananga o Aotearoa

### Home-based learning

[Home-based learning](#) offers a range of courses that you can take as part of a work and community group or as an individual from the comfort of your own home.

### Hauora - health and fitness

[Hauora programmes](#) are not just about wellbeing, health and fitness. Woven into the teachings are traditional pearls of wisdom, passed down from our tūpuna.

## Manaaki Tāngata - certificate in bicultural social services

[This qualification](#) will help you with a career in social services, improving people's lives and changing your community. Manaaki Tāngata is a great place to start if you're wanting an introductory qualification to help you understand diverse communities and working in whānau-centred social services.

## Te Rau Ora

### Whānau & Community Health Initiatives

[The aim of this micro-credential](#) is to provide an opportunity for whānau, and stakeholders interested in kaupapa Māori community health development.

## Inspiring Communities

Inspiring Communities facilitators will support you through the process of validating your knowledge and experience to prepare a portfolio of your community-led work. [This micro-credential](#) requires critical reflection, using a case study from your current practice to identify and apply the competencies involved. This is more than just something to add to your resume. This is self-directed learning, but Inspiring Communities facilitators will support you through the process of developing your practice.

## Careerforce

### Support people to live a good life, and reflect on your own practice (Level 4)

[This micro-credential](#) is designed to provide the skills and knowledge required to support a person with a disability in a health or wellbeing setting. It is also designed to support outcomes that enable them to live a good life in Aotearoa New Zealand, and for the support worker to reflect on their own practice.

### Respond to people who are vulnerable due to social issues, condition or impairment in a health or wellbeing context (Level 4)

[This micro-credential](#) is designed to provide the skills and knowledge required to respond to people who are vulnerable due to social issues, condition or impairment in the health or wellbeing context in Aotearoa New Zealand, by applying the principles of enabling good lives.

### New Zealand certificate in health and wellbeing (Level 3) health assistance strand

[This qualification](#) is aimed at recognising the skills and knowledge required to provide person-centred support in the health and wellbeing sectors. The programme aims to develop the skills and knowledge required to provide care under the direction and delegation of a health professional in a range of contexts including aged residential, acute, primary and rehabilitative care.

## Suicide prevention in Aotearoa (Level 4)

[This micro-credential](#) is designed to recognise the skills and knowledge required to develop knowledge and understanding of suicide prevention in an Aotearoa New Zealand context.

## New Zealand certificate in health and wellbeing (Health Assistance) for hospitals and the health sector

[The aim of this programme](#) is to develop and recognise the skills of healthcare assistants to provide person-centred support to patients. This flexible work-based training programme is designed to be delivered across various clinical areas including maternity, mental health, acute care and outpatient clinics.

## Supporting a person's mental health and addiction wellbeing (Level 4)

[This short programme](#) is for support workers who are working in other parts of the community and are likely to be working with people with mental distress or addictions.

## De-escalation skills and techniques for the health and wellbeing sector (Level 4)

[This micro-credential](#) is designed to provide de-escalation skills and techniques for people working in mental health and addiction support settings.

## The OpenPolytech Te Pūkenga

### New Zealand certificate in business - administration and technology (level 3)

[This qualification](#) will provide you with the business administration and technology skills to work in a range of supervised general office administration roles and will enable you to operate business technologies and perform a range of administrative tasks, in accordance with ngā kaupapa o te Tiriti o Waitangi (the principles of the Treaty of Waitangi), and in a multi-cultural environment.

## Wintec Te Pūkenga

### New Zealand certificate in business - introduction to team leadership (level 3)

[This programme](#) is for newly appointed team leaders, or for those who have the potential to lead teams in the future. [It is designed](#) for those who are currently employed or have access to an organisation. Graduates will have the skills to effectively lead a team.

### New Zealand certificate in business - first line management (Level 4)

[This programme](#) will help develop the knowledge and skills required to work in first line management and leadership roles. Students will gain skills in effective team management in a multi-cultural environment.

## National Breastfeeding Alliance

### Te Pā Harakeke | Nurturing care in the first 1000 days

[This webinar](#) will describe the current situation from the voice of the pēpi, provide an overview of the evidence for nurturing care in the First 1000 Days and discuss key recommendations to improve pēpi and whānau outcomes.

## Communicating with Māori in a health setting

<https://www.babyfriendly.org.nz/resource/communicating-with-maori-in-a-health-setting-equates-to-30-40-minutes-education>

## Te Tiriti/Kawa Whakaruruhau resources

- [Network Waitangi Ōtautahi](#)
- New Zealand Breastfeeding Alliance - [Cultural Safety Training Plan for Vocational Medicine in Aotearoa](#)
- New Zealand Breastfeeding Alliance - [Maranga Mai](#)
- New Zealand Breastfeeding Alliance - [Returning to our unsettled dust: Non Māori systems, policies and people impact on Māori health outcomes and how this affects breastfeeding](#)
- [Kirwan Institute: Implicit Bias Module Series](#)
- New Zealand Breastfeeding Alliance - [Te Tiriti o Waitangi-based practice in health promotion](#)

## Collaborative Aotearoa

### Ruku ki te ako

[Free Te Tiriti o Waitangi eLearning modules.](#)