Continuing professional development of teachers is the sum total of formal and informal learning experiences throughout teachers’ careers from pre-service teacher education to retirement (Fullen 1988: 326). It is continuous learning and as such not an add-on. Continuing professional development encompasses the essence of teaching and learning to teach better (Guskey and Huberman 1995: 257).

Continuing professional development, as explained by Bolan (date quoted by in Stoll and Fink 1995: 155) is an on-going process which builds upon initial teacher education and training, begins with education into teaching, includes in-service training, staff development and management development, and ends with preparation for retirement. Within such a framework, education, training and support activities are offered for the purpose of helping educators and principals add to their professional knowledge, improve their professional skills, and clarify their professional values.

(Kamler and Thomson 2006: 118)