



smartEducation

Mindfulness for Educators

A 9-Session Program

SMART™ (Stress Management And Resiliency Techniques) Education is a 9-session, 20-hour evidence-based program designed to address the needs of educators, professional support staff, and health-care professionals involved in the lives of children and youth.

This evidence-based course trains educators to better manage work-related and personal stress, in order to cultivate emotional balance. SMART integrates the teachings, practices and research from Mindfulness-Based Stress Reduction, emotion theory, and compassion training to address the specific needs and challenges of educators. Each session consists of presentations, group discussion and experiential practices in mindfulness. A 4-hour silent retreat and weekly home practice is also part of the course.

SMART is a secular program, delivered by SMART UBC accredited facilitators.

Successful participants receive a Certificate of Completion from UBC Faculty of Education.

For more information, please contact Heidi Bornstein
heidi@mindfulness everyday.org or call (416) 267-4707

To Register:

www.mindfulness everyday.org/schedule.html#CoursesForEducators



smartUBC

For more information on SMART, visit:
smartUBC

The course trains educators to:

- *Manage stress through a greater understanding and control of emotions*
- *Employ self-care techniques to cultivate personal and professional resilience*
- *Create effective strategies for relating to challenging situations*
- *Enhance concentration and executive function (planning, decision-making, and impulse control)*
- *Revitalize purpose, personally and professionally*
- *Improve your overall mental and physical health*
- *Promote happiness through healthy habits of the mind*



SMART involves experiential practices that promote:

- *Concentration, attention, and mindfulness*
- *Awareness and understanding of emotions*
- *Empathy and compassion*

October 3 — December 4, 2018

Wednesdays: 4:30—6:30 PM
(No session: November 14th)

Silent retreat: Wednesday
November 21 | 4:30—8:30 PM

Middlefield Collegiate Institute

in the library
525 Highglan Ave,
Markham, ON L3S 3L5

Fee: \$350.00 (includes workbook)