



smartEducation

Mindfulness for Educators SMART 3 Day Foundations

3-Day Course Description

This 3-day course is designed to address the needs of all those in “helping professions”, including educators, professional support staff, mental health and health professionals. Participants will learn simple mindful awareness and compassion practices for managing stress and promoting wellbeing in their lives, both personally and professionally. This 3-day workshop will provide valuable information about how mindfulness- and compassion-based approaches can help those involved in the lives of children and youth manage the stressful demands of the classroom, cultivate an exceptional learning environment, and revitalize teaching and learning.

The workshop draws upon basic and applied research in the fields of mindfulness, neuroscience, psychology and education.

Who Should Attend

Educators and those interested in becoming a SMART facilitator. The program is a requirement of the UBC facilitator certification training pathway for SMART Facilitators.

Facilitators: Heidi Bornstein and Stephen Chadwick

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

To Register:

www.mindfulnesseveryday.org/schedule.html#CoursesForEducators



smartUBC

For more information on SMART, visit: smartUBC

Pre-Requisites:

Completion of the following:

- An established mindfulness practice including meditation & mindful movement
- Completion of one online or face to face Mindfulness-Based Stress Reduction course (MBSR) as a participant
- Attending and completing one 20-hour smartEducation course
- A residential teacher led silent retreat that is a minimum of three to five days in duration (7 days preferred)
- Experience teaching adults and facilitating professional development activities for teachers

Learning Outcomes:

The participants will be able to:

- Describe the background, themes, session overview and variations in delivery methods for SMART and certificate requirements for teaching SMART
- Practice Mindful Communication
- Describe how stress affects the brain and learning
- Describe emotional literacy and the relationship to resilience and self-regulation
- Describe the effects of mindfulness, self-compassion, compassion and forgiveness practices on brain functioning and emotion regulation
- Practice and teach foundational mindfulness & compassion-based practices
- Describe how these practices help teachers manage stress and support health and well-being, and the importance of home practice

**Friday - Sunday
August 17-19, 2018
9:30 AM - 3:30 PM**

**Estonian House
958 Broadview Ave,
East York, ON M4K 2R6
\$525 (includes materials)**