



smartEducation

Mindfulness Training for Educators: Summer Intensive

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 those 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

SMART Summer 5-Day Intensive format:

Tuesday	July 3	10 a.m. - 3 p.m.	(SMART sessions 1 & 2)
Wednesday	July 4	10 a.m. - 3 p.m.	(SMART sessions 3 & 4)
Thursday	July 5	10 a.m. - 3 p.m.	(SMART sessions 5 & 6)
Friday	July 6	10 a.m. - 3 p.m.	(SMART session 7 - retreat)
Saturday	July 7	10 a.m. - 3 p.m.	(SMART sessions 8 & 9)

Facilitators: Heidi Bornstein, Stephen Chadwick & Sara Escott

Contact: heidi@mindfulnesseveryday.org Tel: (416) 267-4707

Registration: www.mindfulnesseveryday.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

5-Day Intensive

July 3-7, 2018

Retreat Friday

July 6, 2018 | 10am – 3pm

Saint Paul University

223 Main Street,
Ottawa, ON K1S 1C4

Fee: \$525 (includes materials)