



smartEducation

Mindfulness Training for Educators & Helping Professionals: A 4-Week Practicum

Practicum Prerequisite: Completion of a 9 session SMART program as a participant

Who Should Attend: Educators and those interested in becoming a SMART facilitator. The program is a requirement of the UBC facilitator certification process, outlined in the SMART Facilitator Training Pathway.

Program Description: The 30-hour practicum provides participants with the opportunity to participate in the SMART program from the perspective of the facilitator.

The practicum includes 2 components:

1. 20 hours participating in the SMART Intensive program in real time with actual participants.
2. 10 Hours of Mentoring, including debriefing on the sessions, answering questions, and assistance in developing facilitation skills.

Fee: \$525 (Program fee including SMART Facilitator Training Manual) + \$500 (Mentoring)

Facilitators: Heidi Bornstein and Stephen Chadwick

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



smartUBC

For more information on SMART, visit: smartUBC

Practicum Learning Objectives

- Instruct educators in the principles and practices of SMART
- Discuss and analyze the theoretical, philosophical, pedagogical, and scientific underpinnings of SMART
- Examine SMART within the fields of Social and Emotional Learning
- Foster a coherent, active network of SMART professionals



The Practicum in SMART is an in-depth training program offering you an opportunity to:

- Immerse yourself in the smartEducation (Stress Management and Resiliency Techniques) program
- Study the curriculum, program flow, and contextual and theoretical background of SMART
- Inquire and reflect on a range of issues arising out of the experience and principles of SMART
- Prepare and lead a seminar presentation that includes mindfulness practice, theory, and application
- Familiarize yourself with perspectives on self-care, self-compassions, and mindful awareness inherent in the SMART curriculum

Tuesdays

July 31 - August 21, 2018

10 AM - 3 PM

**Silent retreat Wednesday
August 15, 2018 | 10 AM - 3 PM**

Estonian House

**958 Broadview Ave,
East York, ON M4K 2R6**

\$1025 (includes materials)