



smartEducation

SMART 3-Day Foundational Concepts Training

3-Day Course (20-hour 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. The workshop introduces the SMART curriculum to potential facilitators and provides valuable information about how mindfulness and compassion-based approaches can help teachers and professional support staff to manage the stressful demands of their workplace, cultivate an exceptional learning environment, and revitalize teaching and learning, with an emphasis on the skill set of the facilitator in delivering the SMART program.

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.

Workshop Components:

Mindfulness and its Application in Education / Mindfulness and Neuroscience
The Skill Set of the SMART facilitator
 Embodying the Attitudes of Mindfulness / Cultivating a Safe Space
 Guiding Practice / Trauma-Sensitive Mindfulness
The Physiology and Neurobiology of Stress
Self-Compassion, Kindness and Compassion
 Self-compassion and self-care / Teacher Burnout
Emotional Literacy
 Befriending Strong Emotions / Working with Anger
Mental Health Strategy in Ontario and the focus on Wellness for Educators
 The Relationship between Health, Happiness and Well-Being

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

SMART Facilitator 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

Tuesday—Thursday

July 23, 24, 25 2019

9:30 AM - 4 PM

Estonian House

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

\$525 (includes SMART Facilitator Training Notes)