



smartEducation

Mindfulness training for educators & helping professionals Summer Intensive in York region

SMART™ (Stress Management And Resiliency Techniques) Education is a 9-session, 20-hour evidence-based program designed to address the needs of all those in “helping professions”, including educators, professional support staff, mental health and health professionals.

This evidence-based course trains professionals 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 helping professionals. 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 non-religious and non-sectarian and is delivered by SMART UBC accredited facilitators. Successful participants are eligible to receive a certificate from UBC Faculty of Education upon completion of certain requirements.

The **SMART Summer Intensive format will be held over 5 weekly sessions:**

July 3	10 a.m. - 3 p.m.	(SMART sessions 1 & 2)
July 10	10 a.m. - 3 p.m.	(SMART sessions 3 & 4)
July 17	10 a.m. - 3 p.m.	(SMART sessions 5 & 6)
July 24	10 a.m. - 2 p.m.	(SMART session 7 - retreat)
July 31	10 a.m. - 3 p.m.	(SMART sessions 8 & 9)

Facilitator: Ameeta Dudani

Contact: Ameeta.Dudani@mindfulnesseveryday.org

Registration: www.mindfulnesseveryday.org/schedule.html#CoursesForEducators



smartUBC

For more information on SMART, visit: smartUBC

The course trains professionals 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*

Weekly on Tuesdays

July 3 to 31, 2018

Includes Retreat July 24, 2018

Windfall Ecology Centre

at Sheppard's Bush Conservation Area

93A Industrial Parkway South
Aurora, ON L4G 3V5

\$450 (includes materials)

In the spirit of generosity, some spaces may be available to those who genuinely are unable to afford the full cost of the workshop. Alternative payment options may be considered.