

Is your staff equipped to meet the demands of today's educational landscape?

# smartEducation

## Stress Management and Resiliency Techniques for Educators and Helping Professionals

Trauma-Sensitive, SEL-informed and EDI-Aware

SEL = Social and Emotional Learning | EDI = Equality, Diversity, and Inclusion



### Why Bring smartEducation to Your School?

Discover a program that:

- equips your staff to effectively manage stress and embrace challenges while preparing them to guide students to be with the ups and downs of life.
- fosters a deep sense of belonging and connection within your school community, setting the stage for improved student well-being.

#### **Develop Effective Strategies for Challenging Situations:**

Acquire strategies to relate effectively to challenging situations, ultimately improving your ability to engage with students and colleagues constructively.

#### **Manage Stress and Foster Emotional Control:**

smartEducation equips you with tools to manage stress through a greater understanding and control of emotions, empowering you to create a positive learning environment.

#### **Prioritize Self-Care and Build Resilience:**

Learn self-care techniques that foster personal and professional resilience, enhancing your ability to handle the challenges of education effectively.

#### **Enhance Concentration and Executive Function:**

Gain insights and practices to help yourself and your students enhance concentration and executive function, vital for efficient planning, decision-making, and impulse control.

#### **Revitalize Purpose and Enhance Physical and Mental Well-being:**

Experience how SMART Education can rejuvenate your sense of purpose, both personally and professionally, promoting happiness through healthy habits of the mind while cultivating overall mental and physical well-being.

#### **Aligns with Ontario's Education Focus**

- smartEducation supports the launch of the New Mental Health Learning, focusing on areas such as stress management and practical well-being strategies.

#### **Aligns with Annual Learning Plan (ALP)**

- supports the teacher's professional learning and growth by providing skills to manage stress and enhance mental health literacy.

### Program Structure:

**smartEducation™** is a 9-session, 20-hour, evidence-based secular program, designed for all educators, including teachers, educational assistants, child and youth workers, staff, administrators, social workers, psychologists, and other helping professionals working with students.

#### **Each session includes:**

- Presentations
- Group discussion
- Experiential practices in mindfulness
- 4-hour silent retreat
- Weekly home practice
- Engagement and Interactivity

#### **Certification:**

Successful participants receive a **smartEducation Certificate of Completion**.

#### **SMART Integrates the teachings, practices and research from:**

- Mindfulness-Based Stress Reduction
- Mindful Self-Compassion
- Mindfulness-Based Emotional Balance
- Mindful Movement
- Kindness and Compassion training

SMART can be delivered LIVE In-Person in Ontario or ONLINE (live-streamed in real time). The program contains INTERACTIVE practices to help you develop inner strength and resilience to help address the specific needs and challenges in education and in helping professions.

#### **For More Information, contact**

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Practice Mindfulness  
Everyday®

