

Help Your Students Earn an *Elective SHSM Certification* in **Leadership & Stress Management**

Trauma-Sensitive, SEL-informed and EDI-Aware

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

How Mindfulness Can Help Manage Stress and Develop Leadership Skills

Our specialized SHSM Leadership and Stress Management Workshop is designed to fulfill LEADERSHIP and STRESS MANAGEMENT elective certification requirements within the SHSM framework. This transformative program focuses on integrating mindfulness practices to develop stress management techniques and enhance students' leadership abilities.

Throughout this interactive 2.5-hour module, adaptable to your school's schedule, students engage in mindfulness practices, activities, and discussions, unlocking the power to:

- Acquire stress management techniques using mindfulness practices for effective leadership
- Explore the power of mindfulness in responding thoughtfully rather than reacting impulsively
- Understand the brain's responses to stress for better decision-making in leadership roles
- Foster emotional regulation through mindfulness, crucial for effective leadership
- Cultivate empathy and community-building skills through stress-aware leadership practices

This workshop helps equip students with invaluable stress management and leadership skills, empowering them to excel within the SHSM framework and beyond.



Our SHSM Elective Certification programs are delivered by experienced OCT teachers

Provides students with

Certificate in Leadership and Stress Management

Aligns with SHSM sectors:

- * Agriculture
- * Arts and Culture
- * Aviation and Aerospace
- * Business
- * Construction
- * Energy
- * Food Processing
- * Forestry
- * **Health and Wellness**
(valid for 2 electives)
- * Horticulture and Landscaping
- * Hospitality and Tourism
- * Information and Communications Technology
- * Justice, Community Safety, and Emergency Services
- * Manufacturing

Partnership with the TDSB

Approved Vendor with YRDSB Board Approved #: V106736

Instructors with School of Continuing Studies, University of Toronto

Interested in booking? Curious to learn more? Pricing Information?

Contact us at info@mindfulnesseveryday.org

We look forward to supporting you.