

smartProfessional

Stress Management and Resiliency Techniques for Helping Professionals

Trauma-Sensitive, SEL-informed and EDI-Aware

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



Why Choose smartProfessional?

Discover a program that is specifically designed to:

- address the unique challenges and demands healthcare professionals face daily.
- offer targeted strategies and practices to enhance your ability to provide compassionate care, manage stress, and foster resilience in a healthcare environment.

Navigate Challenges Effectively: Acquire valuable strategies to navigate challenges and improve your patient and colleague interactions.

Manage Stress and Cultivate Control: Equip yourself with practical tools to manage stress and create a positive, supportive environment.

Prioritize Self-Care and Foster Resilience: Learn self-care techniques to handle professional challenges with grace and strength.

Enhance Concentration and Optimize Decision-making: Gain insights to boost concentration and executive function for efficient planning and decision-making.

Revitalize Purpose and Promote Well-being: Experience how smartProfessional rejuvenates your sense of purpose, promoting happiness and overall well-being.

Program Structure:

smartEducation™ is a 5-session, 20-hour, evidence-based secular program, designed for healthcare professionals. A 4-hour silent retreat is included.

Each Session Includes:

- Presentations
- Group discussion
- Experiential practices in mindfulness
- Weekly home practice
- Engagement and Interactivity

Certification:

Successful participants receive a **smartProfessional 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

For more information contact:
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Practice Mindfulness
Everyday®

www.mindfulnessseveryday.org

