

## THE MINDFUL EDGE TEACHERS

The Mindful Edge® combines the practices of mindfulness with knowledge of brain science, positive psychology, movement and healthy living skills to create a program that benefits teens socially, emotionally, physically and academically.

The Mindful Edge® program is delivered by experienced MBSR teachers, each with a strong background and practice in mindfulness.



**HEIDI BORNSTEIN** is the founder and director of Mindfulness Everyday, with an extensive background in mindfulness, yoga and meditation. She is the co-creator and teacher for The Mindful Edge® — Stress Reduction and Life Strategies for Teens delivered as part of curriculum in secondary schools. Heidi teaches MBSR Workshop (Mindfulness-Based Stress Reduction) and SMARTinEducation (SMART) in Toronto.

**STEPHEN CHADWICK** is a public school teacher with three decades of teaching experience with the TDSB (Toronto District School Board), specializing in working with Children with Special Needs and ESL. Steve has received his certification as a Yoga Ed Instructor for Working with Those At-Risk as well as his Level II Curriculum Training of Mindful Schools. Stephen teaches MBSR Workshops and SMARTinEducation (SMART) in Toronto.



**DIANNA LAST** received her certification as a Yoga Ed Instructor For Working with Those At-Risk. She teaches MBSR Workshops and SMARTinEducation (SMART) in Toronto. Dianna is a photographer and teaches in the Artist In The Schools program with the TDSB (Toronto District School Board). She has exhibited at various galleries, at the Toronto Art Expo, and is in many private collections.



Mindfulness Everyday, a registered Canadian Charity # 83693 3507 RR0001, provides Stress Management & Resiliency Techniques for Teens, based on the principles of the MBSR (Mindfulness-Based Stress Reduction) Workshop program created by Jon Kabat-Zinn at the University of Massachusetts



## Mindful or Mind Full

*Mindfulness is paying attention  
to the here and now,  
with kindness and curiosity.*



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*You can't stop the waves,  
but you can learn to surf*  
Jon Kabat-Zinn



**SPECIALIST HIGH SKILLS  
MAJOR - HEALTH &  
WELLNESS SECTOR:**  
4 MODULE CERTIFICATE PROGRAM

# SHSM — Health and Wellness Sector Certificate Program

## CERTIFICATE PROGRAM

The program offers a variety of options as per the Ministry requirements of 3 electives in the SHSM Health and Wellness Program Sector:

The program is composed of 4 Modules.

1. Stress Management and Resiliency Techniques (Prerequisite for next 3)
2. Behaviour Management
3. Communication
4. Leadership

## CORE MODULES

Each module actively engages the students in an experiential and participatory method provides students with experiential a skill set relevant to the exploration of career opportunities in the health and wellness sector.

The program uses mindfulness-based stress reduction skills and practices, mindful yoga, movement & stretching, communication and relationship skills as well as engaging activities designed to increase mindful awareness and promote health and well-being.

Each module is delivered in a 3-hour period with a 15-minute break, which can be customized to accommodate the school schedule.

## FEE INCLUDES COURSE WORKBOOK AND HANDOUTS

## MODULE 1: STRESS MANAGEMENT & RESILIENCY TECHNIQUES

This module is the foundation for the following three (e) modules. Themes: What is Mindfulness? How is it personally relevant? Understanding the biology and neurobiology of Stress. Practical strategies for managing stress.

## MODULE 2: BEHAVIOUR MANAGEMENT

Themes: What is social emotional learning? How is it relevant personally and in relationship with others? Building awareness for emotions, thoughts and behavior and cultivating skills for improving connection with self and others.

## MODULE 3: COMMUNICATION

Themes: Enhancing communication skills through Mindful Speaking and Mindful Listening. Utilizing dyad practices, council practices, wheel within a wheel and dialogue suspension, participants, acquire strategies useful in relating to others, both personally and in a professional or work setting.

## MODULE 4: LEADERSHIP

Themes: What is Emotional Intelligence, known as EQ? How can it be used to be a good leader? Understanding different leadership styles for different personalities. Practical strategies for successfully managing groups



## OVERALL PROGRAM GOALS

Through mindfulness practice and discussion, students learn to use simple and accessible tools to:

- **Reduce** stress
- **Support** emotional regulation & resilience
- **Improve** focus and concentration through the cultivation of present-moment attention
- **Develop** the ability to respond thoughtfully, rather than react, and make suitable choices, which do no harm to one's self or others.
- **Encourage** empathy, compassion and sense of community
- **Provide** skills for life

## A PRACTICAL TOOLBOX FOR CHALLENGING WORK ENVIRONMENTS

- Mindfulness training allows individuals to learn skills that are invaluable in highly pressurized working environments.
- Health-care practitioners can gradually change their relationship to challenging situations and, as a result of repeatedly applying mindfulness techniques, develop a toolbox that will enable them to keep their stress levels at bay.
- Other benefits of mindfulness training:
  - Mindfulness can increase personal and professional health and levels of self-care.
  - Mindfulness can help people to think “outside the box” and develop a “beginner’s mind” to solve a problem.