



smartEducation

Mindfulness Training for Educators: Summer Intensive

SMART™ (Stress Management And Resiliency Techniques) Education is a 9-session, 20-hour evidence-based program designed to address the needs of educators, professional support staff, and those involved in the lives of children and youth. This evidence-based course trains educators 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 educators. 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 a secular program, delivered by SMART UBC accredited facilitators. Successful participants receive a Certificate of Completion from UBC Faculty of Education.

SMART Summer Intensive format:

Wednesday	July 12	10 am. - 3 pm:	(SMART sessions 1 & 2)
Wednesday	July 19	10 am. - 3 pm:	(SMART sessions 3 & 4)
Wednesday	July 26	10 am. - 3 pm:	(SMART: sessions 5 & 6)
Thursday	July 27	10 am. - 2 pm:	(SMART session 7 - retreat)
Wednesday	August 2	10 am. - 3 pm:	(SMART sessions 8 & 9)

Facilitators: Cynthia Michaud (705 817- 7856) and Karen Davis (705 205 0334)

Contact: karen@mindfulnesseveryday.org

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



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For more information on SMART, visit: smartUBC

The course trains educators 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 Wednesdays,
July 12 to August 2, 2017
Retreat Thursday July 27
in Bracebridge

Learning Centre, Bayfield Mall

320 Bayfield St., Unit 65

Barrie, ON L4M 3C1

\$350

(includes materials)