



smartEducation

Mindfulness training for educators & helping professionals

SMART™ (Stress Management And Resiliency Techniques) Education is a 9-session, 20-hour evidence-based program designed to address the needs of all those in “helping professions”, including educators, professional support staff, mental health and health professionals.

This evidence-based course trains professionals 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 helping professionals. 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 non-religious and non-sectarian and is delivered by SMART UBC accredited facilitators. Successful participants receive a Certificate of Completion from UBC Faculty of Education.

The SMART Summer Intensive format will be held over 5 weekly sessions:

Thursday	July 13	10 am - 3 pm:	(SMART sessions 1 & 2)
Thursday	July 20	10 am - 3 pm:	(SMART sessions 3 & 4)
Thursday	July 27	10 am - 2 pm:	(SMART Retreat)
Thursday	August 3	10 am - 3 pm:	(SMART: sessions 5 & 6)
Thursday	August 10	10 am - 3 pm:	(SMART sessions 8 & 9)

Facilitator: Karen Davis — karen@mindfulnesseveryday.org (705 205 0334)

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



smartUBC

For more information on SMART, visit: smartUBC

The course trains professionals 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 Thursdays
July 13 to August 10, 2017

The Studio
1888 Falkenburg Road
Bracebridge, ON P1L1X4

\$350
(includes materials)