



# 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:

Tuesday,	August 1	10 a.m. - 3 p.m.	(SMART sessions 1 & 2)
Tuesday,	August 8	10 a.m. - 3 p.m.	(SMART sessions 3 & 4)
Tuesday,	August 15	10 a.m. - 3 p.m.	(SMART sessions 5 & 6)
Wednesday	August 16	10 a.m. - 2 p.m.	(SMART session 7 - retreat)
Tuesday,	August 22	10 a.m. - 3 p.m.	(SMART sessions 8 & 9)

**Facilitators:** Heidi Bornstein & Stephen Chadwick

**Contact:** [heidi@mindfulnesseveryday.org](mailto:heidi@mindfulnesseveryday.org) Tel: (416) 267-4707

**Registration:** [www.mindfulnesseveryday.org/schedule.html#CoursesForEducators](http://www.mindfulnesseveryday.org/schedule.html#CoursesForEducators)



## smartUBC

For more information on SMART, visit: [smartUBC](http://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 Tuesdays,**  
August 1-22, 2017

Retreat: Wednesday August 16, 2017  
10am – 3pm

The Centre for Mindfulness Studies  
180 Sudbury Street, Unit C2  
Toronto, ON M6J 0A8

**\$520**  
(includes materials)