



smartEducation

Mindfulness training for educators & helping professionals Summer Intensive in York region

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:**

- July 4 10 a.m. - 3 p.m. (SMART sessions 1 & 2)
- July 11 10 a.m. - 3 p.m. (SMART sessions 3 & 4)
- July 18 10 a.m. - 3 p.m. (SMART sessions 5 & 6)
- July 25 10 a.m. - 2 p.m. (SMART session 7 - retreat)
- Aug 1 10 a.m. - 3 p.m. (SMART sessions 8 & 9)

Facilitators: Ameeta Dudani & Karen Davis

Contact: Ameeta.Dudani@mindfulnesseveryday.org

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 Tuesdays,
July 4 to August 1, 2017**

**Windfall Ecology Centre
at Sheppard's Bush
Conservation Area**

93A Industrial Parkway South
Aurora, ON L4G 3V5

**\$400
(includes materials)**