

## THE FACILITATOR

The SMART program is delivered by Certified smartUBC facilitators, each with a strong background and practice in mindfulness.



*Mindfulness Teacher &  
Certified Facilitator of  
SMARTeducation*

**Arunas Antanaitis** is the co-founder of Mindful Solutions for Change, introducing mindfulness-based skills and tools for optimal living for educators, organizations and individuals. Arunas is also an Associate Teacher/Facilitator with Mindfulness Everyday, a registered charitable organization experienced in implementing mindfulness programs for both students and educators. He is a Mindfulness Meditation Specialist trained at the University of Toronto Factor-Inwentash School Of Social Work.

### TO REGISTER CONTACT

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### FALL 2017 Workshop DETAILS

**Cost:** \$350.00

(includes Participant Workbook)

**Location:**

**Studio @ Mindful Solutions for Change**

501 Templemead Drive,

Hamilton ON L8W 3K6

**Dates:** Thursdays Oct 5 to Dec 7, 2017

**(NO CLASS ON OCT. 19)**

**Time:** 5 - 7 pm |

**Retreat** Nov. 23, 2017 5 - 9 pm

SMART (Stress Management & Resiliency Techniques) is now managed by smartUBC, a not for profit unit of the University of British Columbia and coordinated through the Faculty of Education, UBC Okanagan campus.

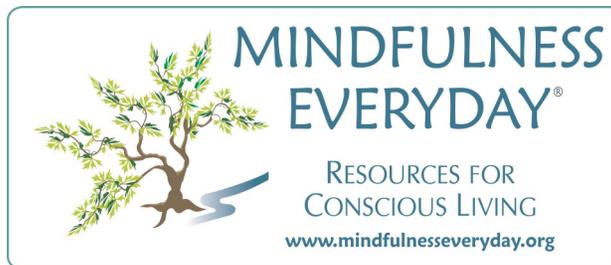
The program involves experiential practices in mindfulness including secular meditation and mindful movement. These practices are designed to enhance emotional awareness, self-regulation, and well-being.

Weekly meetings include presentations and group discussions. Participants also benefit from daily home exercises in support of the program.

This evidence-based course trains participants 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, self-compassion and compassion training .

Mindfulness Everyday is the licensed channel partner for the delivery of SMART in Ontario.



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## SMART FOR EVERYDAY LIFE

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 as well as members of the community.

# smartEducation

*It matters that you care  
It matters that you feel  
It matters that you notice  
Hokusai*

**Mindfulness** is a nonjudgmental way of paying attention in the present moment to what is happening within us and around us. When we pay attention in this way, we see things more clearly and develop a greater understanding of why things are the way they are.

## COURSE FORMAT

The program consists of:

- 8 two-hour sessions
- An intensive 4-hour retreat

Participants are expected to do 20 minutes of home practice per day, 6 days a week to learn and practice the techniques of mindfulness.

The program is suited to those individuals who are willing to become actively involved in their own care.

Successful participants receive a certificate of completion from UBC Faculty of Education in cooperation with Mindfulness Everyday, the licensed channel partner for SMART in Ontario.

## COURSE OUTCOMES

The course trains participants 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 personal 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, compassion, and positive interpersonal communication

For further information on SMART,  
see smartEducation™

<http://education.ok.ubc.ca/research/smartineducation.html>

## MINDFULNESS IS DEVELOPED BY BRINGING AWARENESS TO:

- the breath
- physical sensations
- thoughts and emotions
- our daily interactions with the world around us

The program includes practice in mindful movement. In this way, we learn to get in touch with the feedback our bodies send us in response to our thoughts and actions.

## WE CAN CULTIVATE THE CAPACITY TO:

- **remain calm**, concentrated and relaxed
- **learn to be aware of stress** as it is occurring so that we can respond versus react
- **become more conscious of the possibilities** that exist in our lives for change, growth and healing.
- **be more mindful** of what is occurring in the body and to respond to its signals.
- **be less judging** and more accepting of ourselves and others
- **be more compassionate** and kind to ourselves and others.