

smart**Education**

SMART Ontario

Hosting SMART Information



20 Guildwood Parkway Ph3,
Scarborough, ON M1E 5B6
(416) 267-4707



Mindfulness for Educators and Professional Support Staff A 9-Session Program

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.

The program is suitable for administrators, educators, professional support workers, educational assistants, guidance counsellors, child and youth workers – anyone involved in the lives of students.

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.

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



Hosting Requirements

1. A room with enough space for the participants to lie down on yoga mats chairs in a circle, preferably with some windows – a library or the drama room works well.
2. Application of the permit to hold it – 8 x 2-hour sessions from either 4:30 to 6:30 or 5 -7 (your choice) plus a 4-hour retreat for week 7 of the 9 session program.
3. Support for attendance by having a core group of your own staff attend, perhaps by even helping with the funding for the program internally, and spreading the information to other (feeder) schools in the nearby.
4. Fall Program: Our intention would be to begin the program the first week of October, on either a Tuesday, Wednesday or Thursday evening and end by the end of November.
5. Winter Program: Our intention would be to begin the program the first week of March, on either a Tuesday, Wednesday or Thursday evening and end by the end of April.
6. Our minimum size is 15, maximum is 25.
7. The current cost (December 2017) is from \$350 - \$400*, including materials, which is discounted for school boards. The program held privately in downtown Toronto is \$520.
8. The program should be eligible for some professional development reimbursement from the various unions, such as the ETFO, OSSTF.
9. Social Workers and Social Service Workers Professional Development Fund reimburses eligible costs for professional development activities that advance the skills, knowledge, practice and service delivery of social workers and social service workers in Ontario for up to \$500 per application. For more information, visit www.swsswpdf.org

*Please note that our pricing is subject to change as required.