

# smartEducation

## Mindfulness for Educators: smartEducation

### A 9-Session Renewal Program

smartEducation (SMART) is an evidence-based mindfulness program designed to address the needs of K-12 educators and professional support staff, as well as post-secondary faculty and staff.

SMART (Stress Management & Resiliency Techniques) originally developed in the US 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. UBC researches and manages the development of the evidence base for continual updating of the curriculum.

The program involves experiential practices in mindfulness including secular meditation and movement. These practices are designed to enhance emotional awareness, self-regulation, well-being, and performance in educators. Weekly meetings include presentations and group discussions. Participants also benefit from daily home exercises in support of the program.



To arrange SMART at your facility in Ontario

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#### Participants say:

“As a result of taking this class, I am looking at my students through a different lens.”

“Transformational!”

“I now approach my day with greater confidence.”

“This course reminded me that I can take care of myself too, and still be a hard-working, valuable, and caring teacher.”

[smartubc.ca](http://smartubc.ca)



a place of mind

THE UNIVERSITY OF BRITISH COLUMBIA



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## Mindfulness for Educators

### A 9-Session Renewal Program

#### Course Format

The 20-hour program is delivered in a workshop setting, with a minimum of 12 and a maximum of 25 participants and consists of eight 2-hour sessions and a 4-hour silent retreat. The course is non-religious and non-sectarian and is delivered by smartUBC certified 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.
- Gain personal experience to support other programs for students in mindfulness.
- 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

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