

smartEducation

Stress Management and Resiliency Techniques for Educators and Helping Professionals

Trauma-Sensitive, SEL-informed and EDI-Aware

SEL = Social and Emotional Learning | EDI = Equity, Diversity, and Inclusion



SMART™ is a 9-session, 20-hour, evidence-based program designed to address the needs of all educators including teachers, educational assistants, child and youth workers, staff, administrators, social workers, psychologists and other helping professionals who work with students. 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,
- Mindful Self-Compassion,
- Mindfulness-Based Emotional Balance,
- Mindful Movement,
- Kindness, Gratitude and Compassion

Each session consists of presentations, group dialogue and experiential practices in mindfulness. A 4-hour silent retreat and weekly home practice is also part of the course.

The course is highly participatory, engaging and interactive. Focuses on experiential practices to help you develop inner strength and resilience to address the specific needs and challenges in education and in helping professions.

SMART is a secular program, delivered by accredited facilitators. Successful participants receive a smartEducation Certificate of Completion.

**Fulfills pre-requisite requirements to attend:
MINDFULNESS CHILD TRAINER - METHOD ELINE SNEL®
Certification Course - Summer 2023**

The course helps you 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*

Weekly on Tuesdays

March 21 to May 16, 2023

4:30 PM - 6:30 PM EDT

Retreat: Tuesday April 18, 2023

4:30 PM - 8:30 PM EDT

includes a time for dinner

LIVE online via ZOOM

Fee: \$500

(includes participant manual and lifetime access to audios)

REGISTER NOW



Practice Mindfulness
Everyday®

www.mindfulnesseveryday.org



For More Information Contact
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