

LIVE ONLINE INTERACTIVE practices  
to help you develop inner strength and resilience.



# smartEducation

## Stress Management and Resiliency Techniques for Educators and Helping Professionals Trauma-Sensitive and SEL informed

SMART™ 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 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, and
- Kindness and Compassion training

to address the specific needs and challenges in education and those in helping professions.

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 accredited facilitators. Successful participants receive a smartEducation Certificate of Completion.

**Facilitators:** Moyra Bell & Christy Hutchison

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[christy.hutchison@mindfulnesseveryday.org](mailto:christy.hutchison@mindfulnesseveryday.org)

**Register HERE:** <https://mindfulnesseveryday.org/machform/view.php?id=112074>



## smartUBC

For more information  
on SMART, visit:  
[smartUBC](http://smartUBC)

*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



*I wanted to share how fantastic the format of this course is and how much I am enjoying it. I wasn't sure how one could achieve a level of intimacy with your classmates when you're all at home or at work and watching each other on an iPad, and I am so pleasantly surprised at my reality. Despite being in separate buildings, there is a surprising and fantastic level of intimacy and trust that I feel we have managed to achieve. Thank you so much for making it such a fantastic experience.*

*Elana—SMART participant Winter 2020*

**Weekly on Tuesdays**

**January 19 to March 9, 2021**

**4—6 pm PDT | 7-9 EST**

**Retreat: February 27**

**7—11 am PDT**

**10 am—2 pm EST**

*(Note: this course is live streamed in real time. The sessions will not be available at other times; accommodations will be made for missed sessions.)*

**Fee: \$420.00**

**(includes Participant Manual)**

**\$70 EA and CYW subsidies available.**  
Additional scholarships available upon request.

This program may qualify for PD funding from your union or school.