

SHSM



Specialist High Skills Major – SHSM Elective Certifications

About the Specialist High Skills Major

The Specialist High Skills Major (SHSM) is a specialized program that allows students to gain credits toward their Ontario Secondary School Diploma and focus their learning on a specific economic sector at the same time. The SHSM is an Ontario Ministry of Education approved program.

Students receive the SHSM seal on their diploma when they complete a specific bundle of 8-10 courses in the student's

selected field earn industry certifications like first aid and CPR qualifications gain important skills on the job through cooperative education placements.

This SHSM sector requires students to complete a specified number of compulsory and elective sector-recognized certifications and/or training courses/programs. Mindfulness Everyday is recognized to deliver Leadership and Stress Management training programs in the following sectors:

* Health and Wellness NOTE: (can fulfill 2 elective options: Leadership and Stress Management)

Fulfills the Leadership elective option in:

- * Agriculture
- * Arts and Culture
- * Aviation and Aerospace
- * Business
- * Construction
- * Energy
- * Food Processing
- * Forestry
- * Horticulture and Landscaping
- * Hospitality and Tourism
- * Information and Communications Technology
- * Justice, Community Safety, and Emergency Services
- * Manufacturing

Partnership with the TDSB | Approved Vendor with YRDSB Board
Approved #V106736

Download the SHSM Program Brochure [HERE](#):



Register SHSM for your School [HERE](#):



How Mindfulness Can Help Manage Stress and Develop Leadership Skills

Our specialized SHSM Leadership and Stress Management Workshop is designed to fulfill LEADERSHIP and STRESS MANAGEMENT elective certification requirements within the SHSM framework, as per the Ministry of Education. This transformative program focuses on integrating mindfulness practices to develop stress management techniques and enhance students' leadership abilities.

Throughout this interactive 2.5-hour module, adaptable to your school's schedule, students engage in mindfulness practices, activities, and discussions, unlocking the power to:



- Acquire stress management techniques using mindfulness practices for effective leadership
- Explore the power of mindfulness in responding thoughtfully rather than reacting impulsively
- Understand the brain's responses to stress for better decision-making in leadership roles
- Foster emotional regulation through mindfulness, crucial for effective leadership
- Cultivate empathy and community-building skills through stress-aware leadership practices

This workshop helps equip students with invaluable stress management and leadership skills, empowering them to excel within the SHSM framework and beyond.

A PRACTICAL TOOLBOX FOR CHALLENGING WORK ENVIRONMENTS

Mindfulness training allows individuals to learn skills that are invaluable in highly pressurized working environments.

- Mindfulness can increase personal and professional health, well-being and cultivate self-care, necessary for caring professionals.
- Health-care practitioners can gradually change their relationship to challenging situations and, as a result of repeatedly applying mindfulness techniques, develop a toolbox that will enable them to keep their stress levels at bay.

Through mindfulness practice, activities and discussion, students learn to use simple and accessible tools to:

- **Reduce** the negative impacts of stress
- **Support** emotional regulation & resilience
- **Improve** focus and concentration through the cultivation of

present- moment attention

- **Develop** the ability to respond thoughtfully, rather than react, and make suitable choices, which do no harm to one's self or others.
- **Encourage** empathy, compassion and sense of community
- **Cultivate** relationship with self & others
- **Provide** skills for life