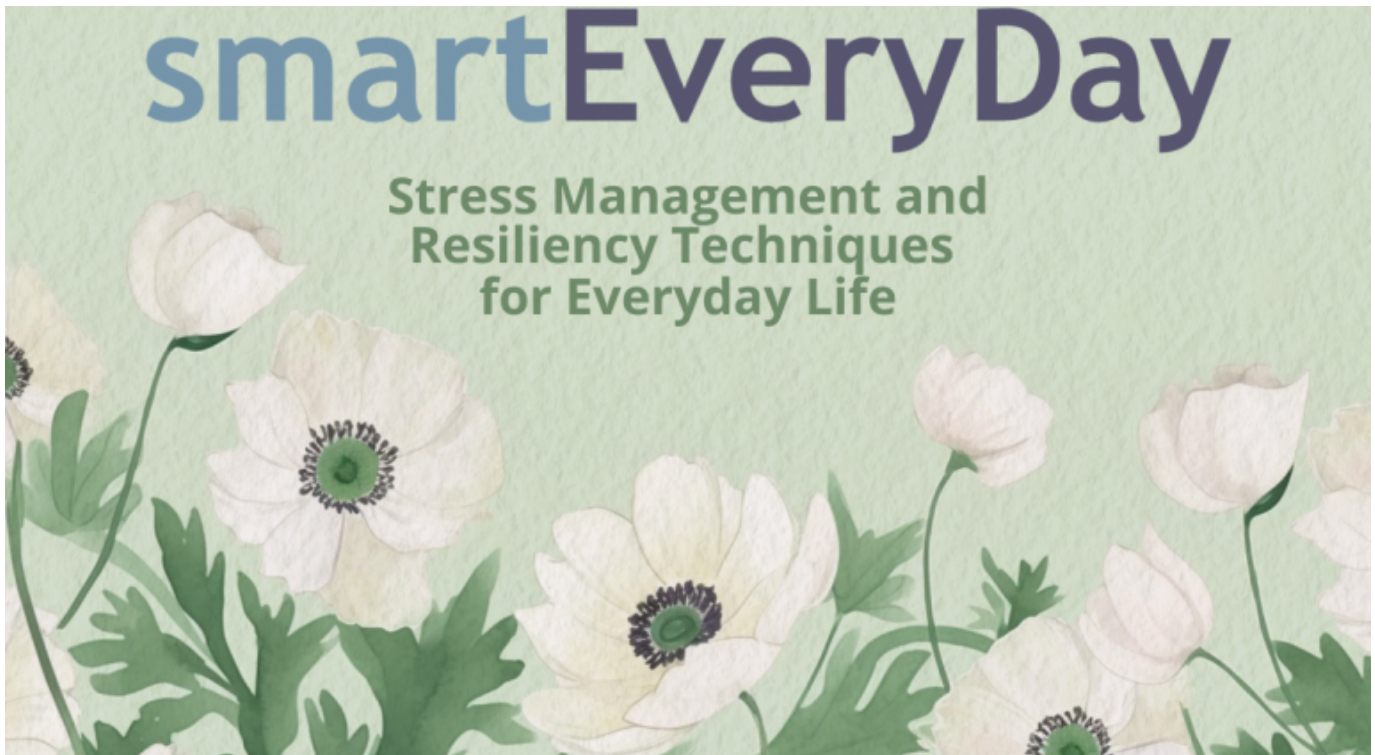


SMARTEveryday



smartEVERYDAY

SMART (Stress Management and Resiliency Techniques) Essentials for Everyday Life

Trauma-Sensitive and SEL-informed (SEL = Social and Emotional Learning)

Why Bring smartEveryday to Your Life?

Discover a program that:

- **Fosters a deep sense of belonging and connection:** Acquire

strategies to relate effectively, ultimately improving their ability to engage with family, friends, and colleagues effectively, setting the stage for improved well-being.

- **Develops Effective Strategies for Challenging Situations:** Equip your staff to manage stress and embrace challenges effectively.
- **Manages Stress and Foster Emotional Control:** smartEducation equips you with tools to manage stress through a greater understanding and control of emotions, empowering you to create a positive home environment.
- **Prioritizes Self-Care and Build Resilience:** Learn self-care techniques that foster personal and professional resilience, enhancing your ability to handle life's challenges effectively.
- **Enhances Concentration and Executive Function:** Gain insights and practices to help yourself and your family enhance concentration and executive function, vital for efficient planning, decision-making, and impulse control.
- **Revitalizes Purpose and Enhance Physical and Mental Well-being:** Experience how SMART Education can rejuvenate your sense of purpose, both personally and professionally, promoting happiness through healthy habits of the mind while cultivating overall mental and physical well-being.

Groups will be offered in response to participant demand, space availability, and preference for in-person or online attendance.

We need a minimum of 12 participants to run a group. If you would like to participate in a workshop, please complete the form below. It would be helpful to know if you are available days or evenings and if you prefer in-person or online attendance or have no preference. Stay in touch for our next course:



[Please indicate if you would like us to contact you to answer any questions about the program.](#)



smartEveryday™ – Essentials for Everyday Life

Program Structure:

smartEveryday™ is a 9-session, 20-hour, evidence-based program designed to help you better manage stress and to cultivate emotional balance. It includes practices to help you reconnect to your own inner strength and capacity for resilience.

Each session includes:

- Presentations
- Group discussion
- Experiential practices in mindfulness
- 4-hour silent retreat
- Weekly home practice
- Engagement and Interactivity

Certification:

Successful participants receive a **smartEveryday Certificate of**

Completion.

SMART Integrates the teachings, practices and research from:

- Mindfulness-Based Stress Reduction
- Mindful Self-Compassion
- Mindfulness-Based Emotional Balance
- Mindful Movement
- Kindness and Compassion training

Mindfulness Everyday Refund Policy for SMART

We are confident you will find our classes enjoyable and beneficial. However, we do understand there are times when you may need to drop out of the course. Our refund policy is to provide a full refund, less a \$50.00 administration fee, if the request is in writing and received by us, at least 5 business days prior to the course start. For subsequent written requests to withdraw, received by us up to 48 hours prior to the start of the second class, a refund of course fee will be given, less \$100.00 to cover our costs up to that time (not including materials received). Course fees will not be refunded thereafter.

To request a refund, please send an email to payments@mindfulnessseveryday.org indicating your name, the name of the class, reason for the refund, and a phone number where you can be reached in case of questions. *Prices quoted may change without notice reflecting market changes beyond our control.

Insurance

SMART is not therapy or medical treatment. However, some insurance plans do cover health education and wellness classes. If your plan covers Mindfulness-based programs, we will provide the information you need to request reimbursement directly from your insurer.