

smartEducation

Stress Management and Resiliency Techniques for Educators and Helping Professionals

Trauma-Sensitive and SEL-informed

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



Why take smartEducation to support your role as a Guidance Teacher?

Discover a program that equips Guidance teachers to:

- **Develop Effective Strategies for Challenging Situations:** Acquire strategies to relate effectively to challenging situations, and improving your ability to support students in managing their emotions and navigate difficulties constructively.
- **Manage Stress and Support Emotional Regulation:** Equip yourself with tools to manage stress and guide students in understanding and controlling their emotions, creating a positive and emotionally supportive learning environment.
- **Prioritize Self-Care and Build Resilience:** Learn self-care techniques that foster personal and professional resilience, enhancing your ability to model and teach students essential emotional regulation and self-care skills.
- **Enhance Concentration and Executive Function:** Gain insights and practices to help yourself and your students enhance concentration and executive function, vital for effective emotional regulation, decision-making, and impulse control.
- **Revitalize Purpose and Enhance Physical and Mental Well-being:** Experience how SMART Education can rejuvenate your sense of purpose, both personally and professionally, enabling you to guide students in developing emotional well-being and resilience in their academic and personal lives.

Aligns with Ontario's Education Focus

- smartEducation supports the launch of the New Mental Health Learning, focusing on areas such as stress management and practical well-being strategies.

Aligns with Annual Learning Plan (ALP)

- supports the teacher's professional learning and growth by providing skills to manage stress and enhance mental health literacy.

Program Structure:

smartEducation™ is a 9-session, 20-hour, evidence-based secular program, designed for all educators, including teachers, educational assistants, child and youth workers, staff, administrators, social workers, psychologists, and other helping professionals working with students.

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 **smartEducation 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



www.mindfulnesseveryday.org

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[Registration form](#)

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Is your staff equipped to meet the demands of today's educational landscape?

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Why Bring smartEducation to Your School?

Discover a program that:

- equips your staff to effectively manage stress and embrace challenges while preparing them to guide students to be with the ups and downs of life.
- fosters a deep sense of belonging and connection within your school community, setting the stage for improved student well-being.

Develop Effective Strategies for Challenging Situations:

Acquire strategies to relate effectively to challenging situations, ultimately improving your ability to engage with students and colleagues constructively.

Manage 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 learning environment.

Prioritize Self-Care and Build Resilience:

Learn self-care techniques that foster personal and professional resilience, enhancing your ability to handle the challenges of education effectively.

Enhance Concentration and Executive Function:

Gain insights and practices to help yourself and your students enhance concentration and executive function, vital for efficient planning, decision-making, and impulse control.

Revitalize 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.

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SMART can be delivered **LIVE In-Person** in Ontario or **ONLINE** (live-streamed in real time). The program contains **INTERACTIVE** practices to help you develop inner strength and resilience to address the specific needs and challenges in education and in helping professions.

For More Information, contact

Angela Ventrice

Director of Educational Programs

angela.ventrice@mindfulnesseveryday.org

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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

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. The course is highly participatory, engaging and interactive.

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

SMART Workshops are delivered LIVE In-Person in Ontario and BC and ONLINE. The program contains INTERACTIVE practices to help you develop inner strength and resilience to address the specific needs and challenges in education and in helping professions.

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

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

Research

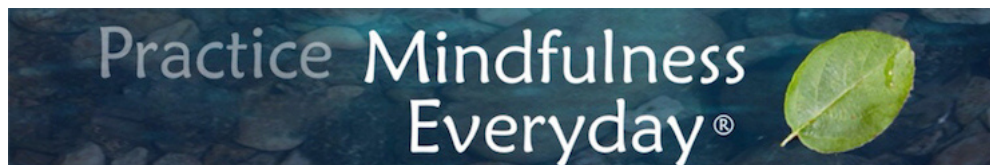
Thirty years of informed basic research and, more recently, neuroscience, offer compelling evidence to support the use of employing mindfulness practices in education. The application of mindfulness by students and teachers has the potential to improve academic achievement, mental health, and positive relationships. Scientific studies show that mindfulness training develops one's concentration, attention, executive function, (planning, decision making, and impulse control), emotional balance, pro-social behavior, compassionate action and promotes mental well-being.

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UBC

SMART is managed by smartUBC, a not-for-profit group at the University of British Columbia and coordinated through the Okanagan School of Education. More Information [HERE](https://www.smarteducation.ca)

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