



# smartEducation

## Mindfulness for Educators

### A 9-Session Program

**SMART™ (Stress Management And Resiliency Techniques) Education** is a 9-session, 20-hour evidence-based program designed to address the needs of educators, professional support staff, and those involved in the lives of children and youth.

This evidence-based course trains educators 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, emotion theory, and compassion training to address the specific needs and challenges of educators. 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 SMART UBC accredited facilitators.

**Successful participants receive a Certificate of Completion from UBC Faculty of Education.**

**For more information, please contact Heidi Bornstein**  
heidi@mindfulness everyday.org or call (416) 267-4707

**To Register:**

<http://www.mindfulness everyday.org/schedule.html#CoursesForEducators>



**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*



*SMART involves experiential practices that promote:*

- *Concentration, attention, and mindfulness*
- *Awareness and understanding of emotions*
- *Empathy and compassion*

**October 5 to November 30 2017**

**Thursdays 4:30 to 6:30 PM**

**(No Session November 16, 2017)**

**Silent retreat: Monday  
November 13th | 4:30—8:30 PM**

**Three Valleys PS**

**76 Three Valleys Dr,  
North York, ON M3A 3B7**