



smartEducation

Mindfulness Training for Educators and Helping Professionals: 5-Day Summer Intensive

SMART™ (Stress Management And Resiliency Techniques) Education 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 professionals 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 helping professionals. 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 non-religious and non-sectarian and is delivered by SMART UBC accredited facilitators. Successful participants receive a Certificate of Completion from UBC Faculty of Education.

SMART Summer 5-Day Intensive format:

Tuesday	July 2	10 am - 4 pm	(SMART sessions 1 & 2)
Wednesday	July 3	10 am - 4 pm	(SMART sessions 3 & 4)
Thursday	July 4	10 am - 4 pm	(SMART sessions 5 & 6)
Friday	July 5	10 am - 3 pm	(SMART session 7 - retreat)
Saturday	July 6	10 am - 4 pm	(SMART sessions 8 & 9)

Facilitator: Dr. Ameeta Dudani

Contact info: ameeta.dudani@mindfulnesseveryday.org | Tel: (416) 884-2383



smartUBC

For more information
on SMART, visit:
smartUBC

The course trains professionals 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*

5-Day Intensive

July 2 - 6, 2019 | 10 am – 4 pm

Retreat Thursday

July 5, 2019 | 10 am – 3 pm

Estonian House

958 Broadview Ave,
East York, ON M4K 2R6

Fee: \$525 (includes materials)