



smartEducation

Mindfulness for Educators & Support Staff: A 9-Session Program

smartEducation™ (Stress Management & Resiliency Techniques), is an evidence-based program with customized modules specifically designed to address the needs of educators and professional support staff (K-12).

The program involves experiential activities in mindful awareness, emotional awareness, self-regulation, and movement. Weekly meetings include presentations and group discussions. Participants also benefit from daily at home exercises in support of the program.

Certificate of Completion

Successful participants are eligible to receive a certificate of completion from UBC Faculty of Education.

Who Should Attend

Educators, support staff and those interested in mindfulness in education who wish to cultivate their own personal mindfulness practice.

Facilitators: Arunas Antanaitis, Sharon Babineau and Julia Neilson

For more information, contact Arunas.Antanaitis@mindfulness everyday.org or call (905) 317-9521

To Register: eventabrite.ca/Hamilton **Note: Space is limited to 25 participants**

"You can't give children what you don't have yourself."

Brené Brown

The Centre
for Mindfulness
Studies



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
- Have personal experience to support other programs for students in mindfulness
- Enhance concentration and executive function (planning, decision-making, and impulse control)
- Revitalize purpose, personally and professionally
- Improve personal 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, compassion, and positive interpersonal communication



What Participants Say about SMART

I thought this course would fit right in with my work (as a dedicated mental health leader) and my previous learning and provide me with information and/or practices to bring back and enhance my students' lives. What I didn't expect was to begin to fill my own tool kit of strategies that I would grow accustomed to using on a daily basis for myself. Practicing Mindfulness has helped me as a teacher in many ways. First, it has taught me to be more present in the moment. Second, I practice greater loving kindness with my most difficult students – I see them for the whole person they are. My perspective shifts to see my students with greater compassion, especially at times when they're being disruptive in class. Finally, I'm more aware that I have the ability to help students self-regulate by imparting mindful practices through guided experiences and by leading by example.

October 13 – December 8, 2016

Thursdays: 4:30 p.m. – 6:30 p.m.

Silent retreat

Thursday November 24, 2016

4:30 a.m. – 8:30 p.m.

Churchill Lawn Bowling Clubhouse

167 Cline Avenue South

Hamilton ON L8S 1X3

\$350 (Includes materials)