

smartEducation

Stress Management and Resiliency Techniques for Educators and Helping Professionals

Trauma-Sensitive, SEL-informed and EDI-Aware

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

For more information, contact

info@mindfulnesseveryday.org

[Registration form](#)