



UBC smartEducation: MINDFULNESS FOR EDUCATORS A 9-Session Renewal Program

February 15 – April 23, 1018 (8 days)



smartEducation (SMART: Stress Management & Resiliency Training) is a 9 session, 20 hour evidence-based program designed to address the needs of K-12 educators and professional support staff.

This evidence-based course trains educators to better manage work-related and personal stress, in order to cultivate emotional balance. The program involves experiential activities in mindfulness including: secular meditation, 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. 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 non-religious and non-sectarian and is delivered by smartUBC accredited instructors. Successful participants receive a Certificate of Completion from UBC Faculty of Education upon completion of the course.

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 mind

SMART involves experiential practice that promote:

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

Facilitator: Tyler Van Beers

Cost: \$40

For more information or to register, please contact Tyler Van Beers at tvanbeers@sd73.bc.ca

smartEducation

smartUBC

<https://education.ok.ubc.ca/research/smartineducation.html>



February - April 3:30pm – 5:30pm
February 15
March 1, 8 and 27 (Tuesday)
April 5, 12, 19 and 23 (All day)

Where do you want to go? We'll get you there!



HENRY GRUBE
EDUCATION CENTRE

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Kamloops, BC