

The ***SMARTinEDUCATION***TM program is an 9-week teacher renewal designed specifically to help educators and others who do classroom instructions:

- Understand the cycle of stress
- Learn how to respond rather than react to stressful situations
- Reclaim wholeness and happiness
- Revitalize your purpose to teach
- Improve your mental and physical health

The ***SMARTinEDUCATION***TM program involves experiential practices in emotional awareness, meditation, movement exercises, discussions and at-home exercises that focus on:

Concentration, Attention and Mindfulness

- Develop inward-outward attention and mindfulness of body and feelings
- Practice movement exercises to enhance relaxation and awareness
- Learn at-home meditation exercises with guided CD's

Awareness and Understanding of Emotions

- Recognize the unique characteristics of specific emotions
- Apply mindfulness training to enhancing interactions with students/peers and others
- Develop awareness and understanding of your emotions and those of others
- Cultivate self-acceptance and acceptance of others

Forgiveness Training

- Learn what forgiveness is and what it is not
- Learn how to release grudges for your own health and well-being

Increased Capacity in Compassion and Empathy

- Develop compassion and kindness toward oneself and others
- Cultivate kindness, compassion, empathy and equanimity

By the conclusion of the ***SMARTinEDUCATION***TM program, you will have assembled a "SMART-Tool Box" of research-based components to:

- Effect positive change in the classroom
- Develop greater awareness of emotions in self and others
- Share techniques for developing emotional balance
- Create more effective strategies for relating to difficult situations
- Cultivate emotional responses that can be beneficial to self and others
- Improve health and well-being

Seminar Fee Special **COMPLIMENTARY** rate negotiated by Berkeley Federation of Teachers and Berkeley Unified School District. **The value of the program is \$485.00!!!!**