



about elaine

Elaine Elaine Smookler RP is a Registered Psychotherapist, teacher, writer and comedic performer (ACTRA, BMusic) who uses innovative methods to help individuals and businesses develop mindfulness and resilience in everyday life. Elaine is senior faculty at the [Centre for Mindfulness Studies](#) in Toronto where she offers introductory and clinical programs including MBCT (Mindfulness Based Cognitive Therapy – live

and online) and MBSR (Mindfulness Based Stress Reduction.) She is a facilitator of The Mindfulness Project at Sick Kids hospital and teaches a project development workshop (The Mindful Way through the Creative Process) through the UofT School of Continuing Studies. Elaine is the creator and teacher of the video course “Get Started with Mindfulness,” developed for Mindful Magazine and she has taught mindfulness as part of the

curriculum at U of T Medical School. Elaine is also the singing host of “Mindful Martinis” a mindfulness workshop/cabaret.

www.elainesmookler.com

about brian

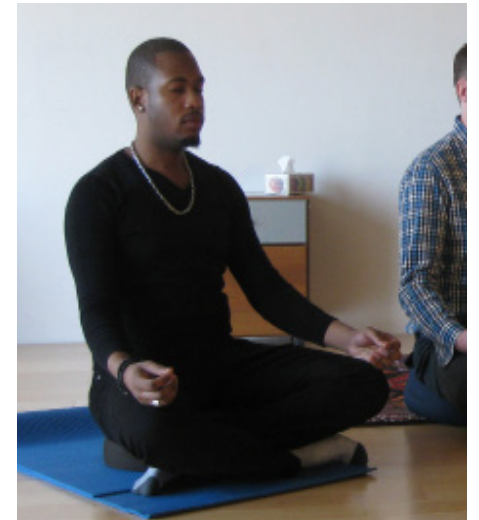
Brian Bender is a Gestalt therapist, addictions and recovery counsellor and anger management specialist with over thirty years of experience. Coming from his own past association with “motorcycle lifestyle,” Brian utilizes his understanding of life’s difficulties to bring a deeply empathetic and compassion-focused approach to his work with individuals and groups. Over decades, Brian has developed a unique

therapeutic approach that integrates body, mind and energy. Brian is also trained in NLP, (Neurolinguistic Programming), hypnotherapy, and is a Reiki Master with a mindfulness meditation practice nurtured over the past forty years. Brian marries intuition with innovation and playfulness as a key feature in private therapy and in his team building work in prisons, educational facilities, hospitals and the corporate world.

what is mindfulness?

Mindfulness has become a buzzword that shows up in sitcoms, medical journals, and magazine covers...but what is it?

Mindfulness is a way to bring greater wakefulness and attention to the ordinary and extraordinary details of daily life. It is increasingly utilized by employers and employees on the job and in their daily life to build resilience and improve attention, focus, performance as well as a sense of well-being. Many top employers now incorporate mindfulness practices into the workplace as a way to alleviate stress and grow productivity, as well as to attract top talent looking for careers with a good work-life balance. These companies include Google, Intel, Aetna, General Mills and Goldman Sachs.



now you have choice





FULL DAY PROGRAM

- **Creating a Mindfulness Toolkit**

In the full day program, participants will learn basic mindfulness tools and some of the neuroscience behind them. On-the-spot tools such as the 3-minute breathing space and the S.T.O.P. practice will be introduced for use at work, in the car, or at home with the kids. Participants will also learn longer practices to promote sustainable and meaningful change.



3-HOUR PROGRAM

- **Planting Mindful Seeds**

This short-course is an introduction to the principles of mindfulness and ideal for new learners who may not be ready for a longer program. This lively, interactive workshop offers some small practices that participants can begin to use right away, some background on the research behind mindfulness and the chance for personal exploration as they discover how mindfulness might be easily included into a daily routine.



TEAM BUILDING

- **Mindful Communication Skills**

This fun, hands-on program offers simple and concrete skills to improve the experience of going to work. Participants will focus on active listening, collaboration, valuing diversity and communicating with impact as a way to help strengthen employee engagement. They will also be introduced to mindful conflict resolution skills for creating a successful work environment.



PRACTICE SUPPORT

- **For Continued Growth and Development**

Offer your employees ongoing support; such as lunch and learn opportunities focusing on a variety of subjects from Mindful Eating to Pain Management. These 50 minute sessions also provide ongoing peer support, answers to questions about practising mindfulness, and continue strengthen the new neural pathways developed through meditation by encouraging continued practice.



CUSTOM RECORDINGS

- **For Your Unique Needs**

Let Elaine create custom recordings of specified lengths and on topics tailored to and available for your organization. Practices are professionally voiced and recorded with topics focusing on the particular needs of each group, using the typical workday setting to create practices that are directly connected to the type of workplace challenges that your employees may encounter daily.



CREATIVITY WORKSHOP

- **Mindful Way Through the Creative Process**

Do you have a brilliant idea but you can't seem to get started? This workshop offers a simple, fun process that will help you accomplish your goal. Bring your big idea or challenging project and develop mindful skills to help you use negative thinking, fear, doubt and even revulsion as springboards for anything you want to create.

testimonials

“Elaine is a wonderful session leader. She was engaging and witty, insightful and encouraging. She was very considerate of our requests and tailored her presentation to our team – it was refreshing to see this type of customization and care put into the planning.

Our team was able to relate to her teaching and took away learnings specific to their needs. Our partners strongly encourage our team members to take care of their mental well-being, and Elaine was able to provide a new perspective and techniques for doing so.”

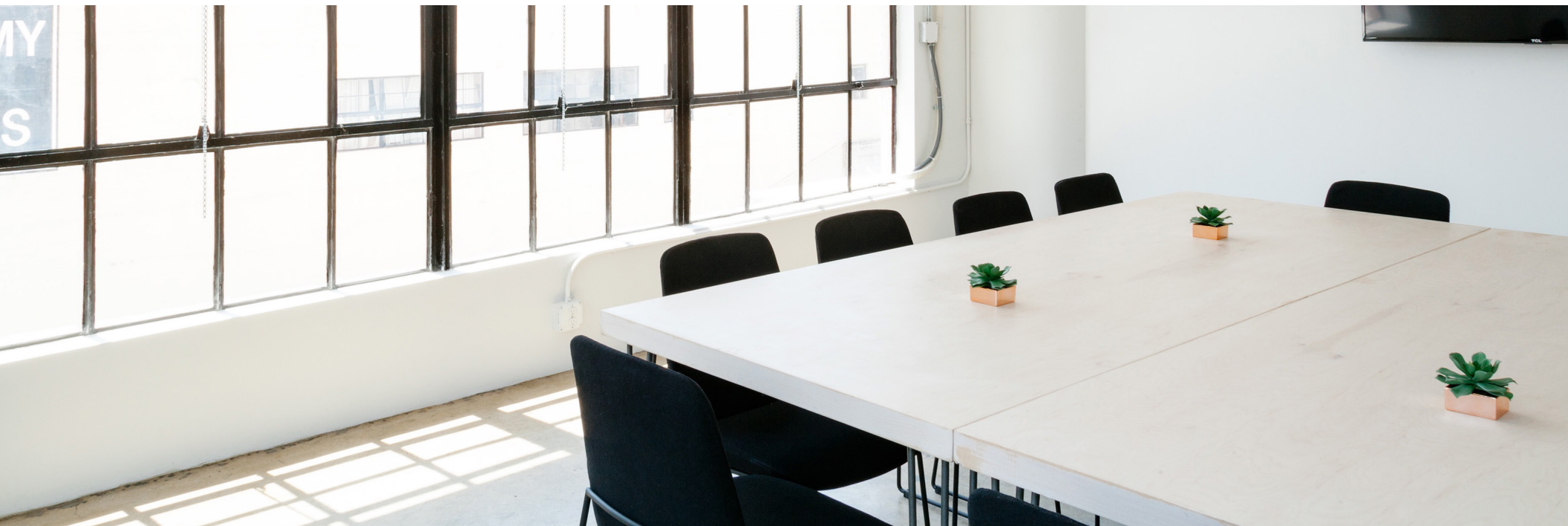
— Janna Petersen, Strategic Communications Advisor, Richter LLP

“Elaine was our special guest speaker recently and I was absolutely thrilled with how she made my event so impactful and memorable.

Elaine delivered a presentation that was informative, interactive, inspiring and fun - she was the perfect fit and had the audiences undivided attention throughout the evening.

Elaine is witty, intelligent and authentic, and I had so much positive feedback from my guests about her - she was a real hit!”

— Roberta Scott, Community Director, Fabulous@50 Toronto



contact

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