

SMART™

Mindfulness in Education

Stress Management and Relaxation Techniques in Education™ (SMART) is a 20-hour evidence-based personal renewal program designed especially for adults working in ECE-12 education.

SMART supports participants in:

- Re-connecting to personal and professional meaning and purpose
- Finding balance and cultivating emotional intelligence
- Improving mental and physical health

Research results show that participants who complete the program experience:

- Reduced occupational stress and burnout
- Reduced feelings of anxiety and depression
- More focused attention
- Increased working memory capacity
- Higher levels of self-compassion

The program involves experiential activities in mindfulness including: meditation, emotional awareness and movement. Weekly meetings also include presentations and group discussions.

Key topics in the course include:

- Concentration, attention and mindfulness
- Understanding and regulation of emotions
- Empathy, compassion and forgiveness



A Wellness Program
Dedicated to the
Emotional, Mental and Physical
Well Being of 27J Employees

SMART-1 Fall 2017 Course
Sponsored by the Staff Wellness Program

SMART alumni report that the impact of the program goes far beyond improved personal well-being. The benefits of this transformational experience also extend to relationships with family, friends, colleagues and students.

"I have changed while taking this class....This has made me a more relaxed and happier person."

SMART is a 20-hour program. All participants will receive a certificate of completion. Staff Wellness will pay for the cost and completion of the program. One graduate credit, which can be used towards educational step increases, is available through Colorado State University at an additional cost of \$61.00.

To register, please visit: PassageWorks.org/Courses/Smart-in-Education/

Course Fees - Free

Schedule

Sept. 12 - Nov. 7

8 Tuesdays, 4:30pm-6:30pm

(Plus Saturday Retreat on Oct. 14)

Location

Brighton High School

270 S 8th Ave.

Brighton, CO 80601

