

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



Discover a World of Opportunity™

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

SMART-1 Denver Public Schools

Fall 2017 Courses

In partnership with the

DPS Employee 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. PDU eligible DPS educators can earn one PDU for completing the course and PDU requirements. You must enroll in the PDU course to successfully complete the PDU. All participants may be eligible for re-licensure credit and one graduate credit through Colorado State University at an additional cost of \$61.

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

Course Fee

DPS Employees and DPS Teacher Candidates: \$90

Sabin Elementary School

Sept. 12 - Nov. 28

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

Plus Saturday Retreat, Oct. 28

East High School

Sept. 20 - Nov. 8

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

Plus Saturday Retreat, Oct. 21