

SMARTⁱⁿTM EDUCATION

Mindfulness for Educators

Stress Management and Relaxation Techniques in EducationTM (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

Brighton School District
Spring 2018 Course

Sponsored by the Staff Wellness Program

SMART participants report:

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

We encourage you to register with your colleagues to maintain continued support for the practice of mindfulness.

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

Key topics include:

CONCENTRATION | ATTENTION | MINDFULNESS |
EMOTIONAL REGULATION | EMPATHY | COMPASSION | FORGIVENESS

Credit Options

- 20 hour Certificate of Completion
- One Graduate Credit from Colorado State University (for additional \$61)

Course Fees

BSD27J Educators and Staff: Free
ECE-12 Staff: \$175

To register, please visit
passageworks.org/calendar



Begins February 6
8 Tuesdays, 4:30-6:30pm
Plus Saturday Retreat, March 3

Prairie View High School
12909 E. 120th Ave.
Henderson, CO 80640

