

Stress Management and Relaxation Techniques in Education<sup>TM</sup> (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

SMART-1 Denver Public Schools  
Spring 2018 Course

Supported by the DPS Employee 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
- Eligibility for PDU
- One Graduate Credit from Colorado State University (for additional \$61)

### Course Fees

DPS Employees and Teacher Candidates: \$90  
ECE-12 Faculty: \$175

To register, please visit  
[passageworks.org/calendar](http://passageworks.org/calendar)



Begins February 1  
8 Thursdays, 4:30-6:30pm  
Plus Saturday Retreat, March 3

Hamilton Middle School  
8600 E. Dartmouth Ave  
Denver, CO 80231

