

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

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

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 Salary Advancement
- One Graduate Credit from Colorado State University (for additional \$61)

Course Fees

APS Educators: \$50
APS ECE Staff: \$10

To register, please visit

PassageWorks.org/Courses/Smart-in-Education/

SMART-1 Aurora Public Schools
Spring 2018 Courses
Supported by APS Healthy Schools Initiative

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



Columbia Middle School
8 Wednesdays, 4:30-6:30pm
Begins February 7
(Plus Saturday Retreat, March 10)

Elkhart Elementary School
8 Tuesdays, 4:30-6:30pm
Begins January 30
(Plus Saturday Retreat, March 10)

