

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



SMART-1 Spring 2018 Courses

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

Course Fees

BVSD Classified Staff: \$50
BVSD Licensed Staff: \$150
Non-BVSD ECE-12 Educators: \$175

To register, please visit:

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

Monarch High School

Begins January 29

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

Plus Saturday Retreat, March 10

New Vista High School

Begins January 30

8 Tuesdays, 4:00pm - 6:00pm

Plus Saturday Retreat, March 10

