

# 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

## 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 FRONT RANGE DISTRICTS Summer 2018 Course

We encourage you to register with your colleagues to create 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)
- APS - Eligible for Salary Advancement
- DPS - Eligible for PDU
- Possible salary credit in other districts

### Course Fees

ECE-12 Educators and Staff: \$175.00  
APS Educators and Staff: \$50.00  
DPS Educators and Staff : \$95.00

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

### Dates and Times

Mondays and Thursdays  
9:00am -1:30pm

June 7, June 11, June 14, June 18, June 21

### Location

Aurora Public Schools  
ESC 2 - Vytgotsky Classroom  
15751 E. 1st Ave.  
Aurora, CO 80011

