

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

SMART1 Cherry Creek School District
Fall 2018 Course

Course Fees subsidized by CCSD
Office of Professional Learning

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
- CCSD Professional Learning Credit
- One Graduate Credit from Colorado State University (for additional \$61)

Course Fees

CCSD Educators and Staff: \$100 to ERO
Non-CCSD ECE-12 Educators: \$175

[Click Here to Register](#)



Begins September 18
8 Tuesdays, 4:30-6:30pm
Plus Saturday Retreat, October 27

Eaglecrest High School
5100 S Picadilly St.
Centennial, CO 80015

