

# SMART<sup>in</sup><sup>TM</sup> EDUCATION

Mindfulness for Educators

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 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 Fall 2018 Courses

Course fees subsidized by BVSD Health Services

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 Licensed Staff: \$95  
BVSD Classified Staff: \$50  
Non-BVSD ECE-12 Educators: \$175

### To register, please visit:

[PassageWorks.org/Courses/Smart-in-Education/](https://PassageWorks.org/Courses/Smart-in-Education/)



### Schedule

Begins September 26  
8 Wednesdays, 4:30pm - 6:30pm  
Plus Saturday Retreat, October 20

### Location

Horizons K-8  
545 Sioux Dr.  
Boulder, CO 80303

