

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:

- Finding balance
- Re-connecting to personal and professional meaning and purpose
- Improving mental and physical health



SMART-1 Fall 2019 Course

Course fees subsidized by BVSD Health Services

SMART participants report:

- Reduced feelings of anxiety and depression
- More focused attention
- Higher levels of self-compassion
- Reduced occupational stress and burnout

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.

Key topics include:

STRESS | EMOTIONAL REGULATION | ANGER | FORGIVENESS | COMPASSION

Credit Options

- 20 hour Certificate of Completion
- Eligibility for BVSD Salary Credit **OR** 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/calendar

Schedule

Begins September 18
8 Wednesdays, 4:30pm - 6:30pm
Plus Saturday Retreat, October 12

Location

Horizons K-8
4545 Sioux Dr.
Boulder, CO 80303

