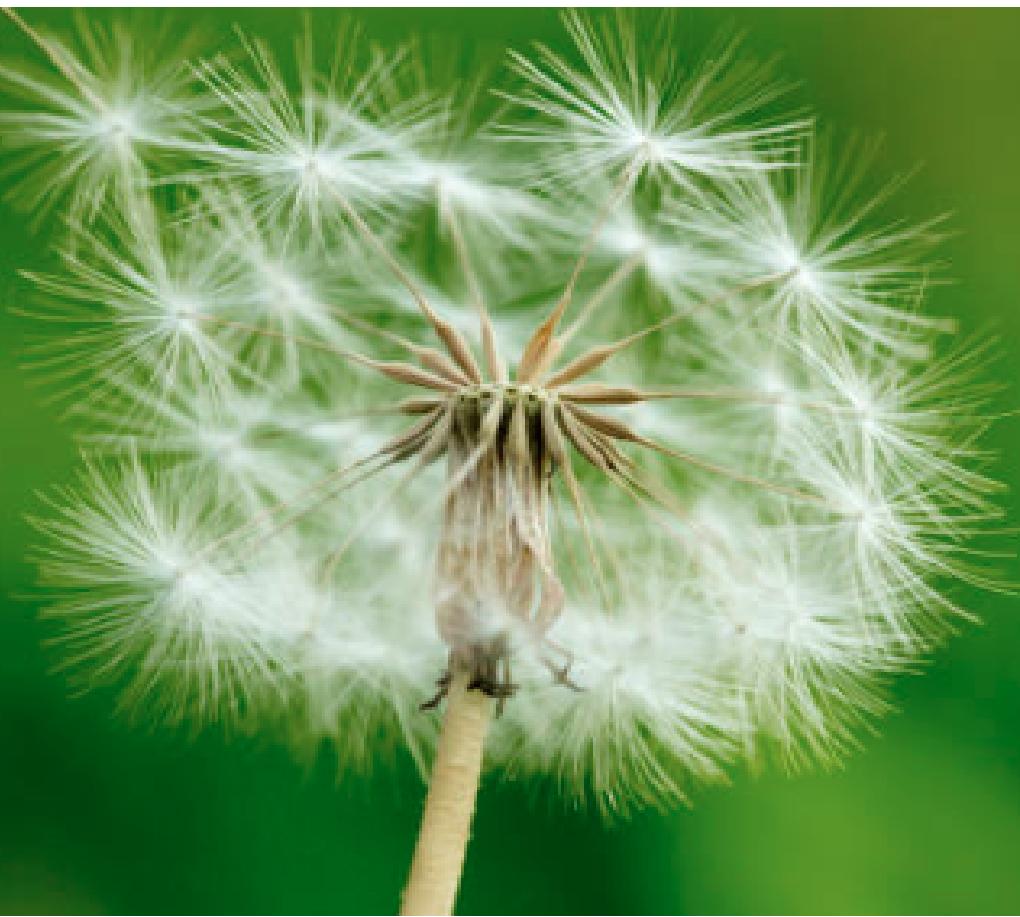


Introduction to Mindfulness for Educators



An Antidote to Stress, Burnout, and Compassion Fatigue

8 hours of renewal and reconnection for ECE-12 educators

- Learn mindfulness practices that help you respond rather than react
- Practice conversations that help you connect with peers
- Explore setting boundaries for self care
- Gain insight into the dynamics of stress and challenging emotions
- Learn a short mindfulness practice to bring back to students or teams



Course Details

Dates and Time

June 6, 2019
8:00am - 4:00pm

Course Fees : \$20

Sponsored by the DPS Employee Wellness

Location

McAuliffe International School
2540 Holly Street, Denver, CO 80207

Register At

www.passageworks.org/calendar