

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

"This was fabulous.
Everyone needs this
course."
"Thank you for helping
me believe in myself and
making sure we all
take care of self."

Course Details

Dates and Time

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

Location

McAuliffe International School
2540 Holly Street, Denver, CO 80207

Course Fees : \$20

Sponsored by the DPS Employee Wellness

Register At

www.passageworks.org/calendar