

Stress Management and Relaxation Techniques in Education™ (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

Research results show that participants who complete the program experience:

- 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 FRONT RANGE DISTRICTS
Summer 2017 Course

The program involves experiential activities in mindfulness including: meditation, emotional awareness and movement. Weekly meetings also include presentations and group discussions.

Key topics in the course include:

Concentration, attention and mindfulness
Understanding and regulation of emotions
Empathy, compassion and forgiveness

SMART alumni report that the impact of the program goes far beyond improved personal well-being. The benefits of this transformational experience also extend to relationships with family, friends, colleagues and students.

"I have changed while taking this class...This has made me a more relaxed and happier person."

SMART is a 20-hour program. All participants who complete course requirements will receive a certificate of completion. Participants may be able to receive salary credit in their home districts. For DPS participants, this summer course counts for the study component of a PDU. One graduate credit is available through Colorado State University at an additional cost of \$62. **Details regarding PDU is available on the registration site. Please see the link below.**

Register at:

PassageWorks.org/Courses/Smart-in-Education/



Dates and Time

June 12, 9:00am - 1:00pm
June 15, 9:00am - 1:00pm
June 19, 9:00am - 1:00pm
June 26, 9:00am - 1:00pm
June 29, 9:00am - 1:00pm

Location

DCIS Fairmont
520 W 3rd Ave,
Denver, CO 80223

