

# **Mindfulness for Educators Course - Hamilton Middle School**

## **Description**

[Learn more](#) about the upcoming course at Hamilton Middle School starting September 12.

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

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

## **Contact**

Website: <https://PassageWorks.org/Courses/Smart-in-Education/>

## **Location**

**Hamilton Middle School**