wcet | Webcast

Balancing Leadership and Life While Supporting Your Team

May 24, 2023

Welcome!

- Slides can be downloaded via the link in chat.
- Please use the **Question** box for questions and **Chat** for other information exchange.
- Follow the Twitter feed: #WCETWebcast.
- Slides, recording, and shared resources will be emailed to attendees.

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Today’s Moderator

Lindsey Downs

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Speakers

GENEVIEVE BERRY

Project Manager, Mountain Plains Mental Health Technology Transfer Center

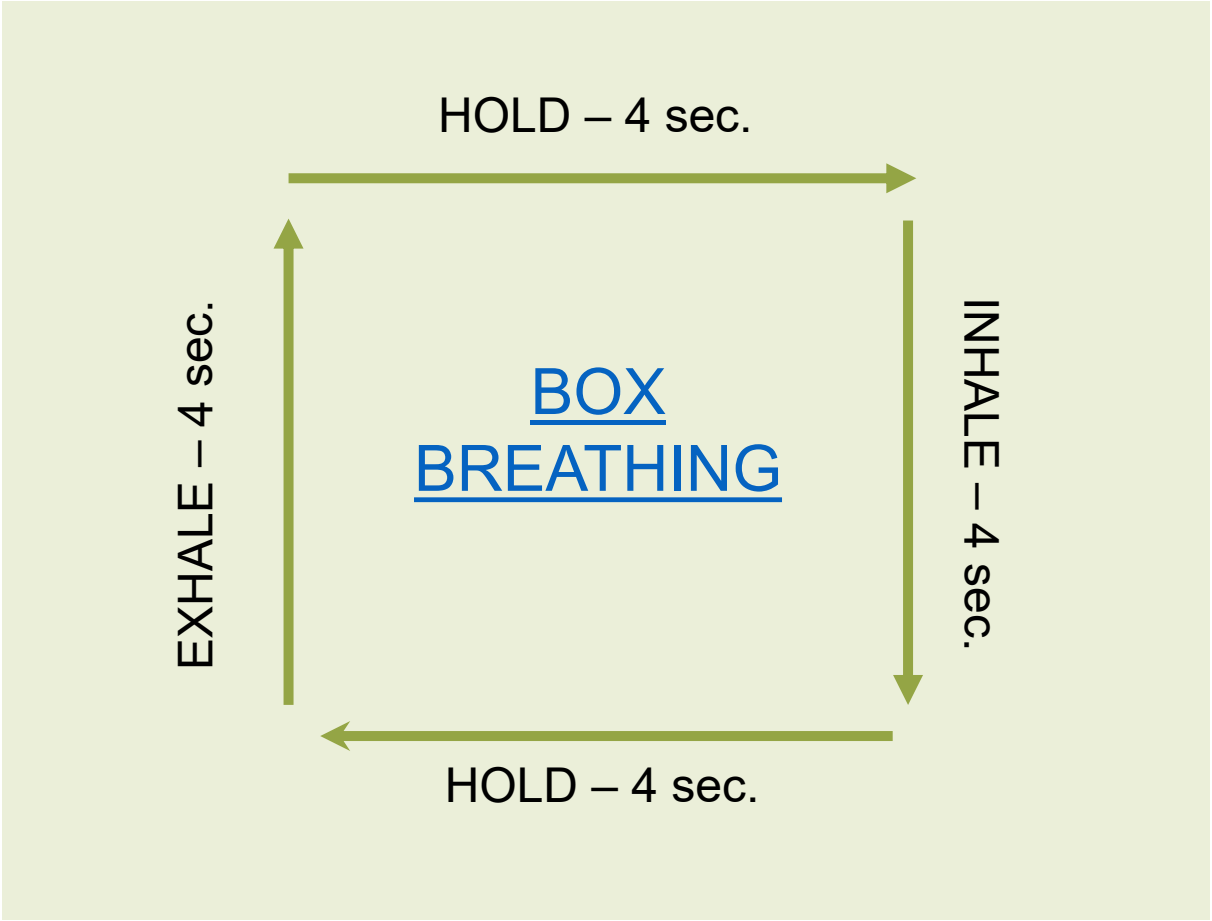
WICHE

GLORIA NILES

Director of Online Learning

University of Hawai'i System

Box Breathing
4 Square Breathing



Resources

Mountain Plains MHTTC Well-Being Resources

Mountain Plains MHTTC Provider Well-Being

Mindful Monday – Experiential Practices to Develop Personal Resilience

Mid-America MHTTC Well-Being Resources

Mid-America MHTTC Professional Well-Being

Adult Resilience Curriculum (ARC) for Educators

Questions from the Audience

Contact Information

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Additional Information and Resources

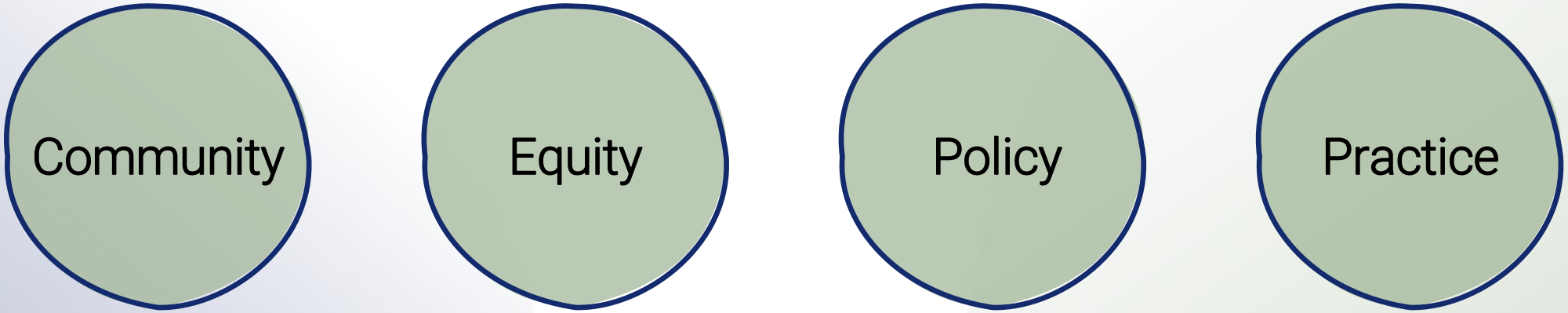
The webcast recording and additional resources will be available in the next week: wcet.wiche.edu/events/webcasts.

Learn more and stay connected:

Visit wcet.wiche.edu to explore our Policy and Practice work, Events, Membership, and Sponsorship.

Learn more about the benefits of joining our community: wcet.wiche.edu/join-us

WCET is the leader in the practice, policy & advocacy of digital learning in higher education.



Upcoming WCET Events

Learn more and register: wcet.wiche.edu/events

- Supporting Instruction and Learning Through AI – June 20, 11 AM MT
- Avoiding Potholes Along the Microcredentials Superhighway – June 28, Noon MT

WCET 35th Annual Meeting

WCET Annual Meeting
October 25-27

wcet

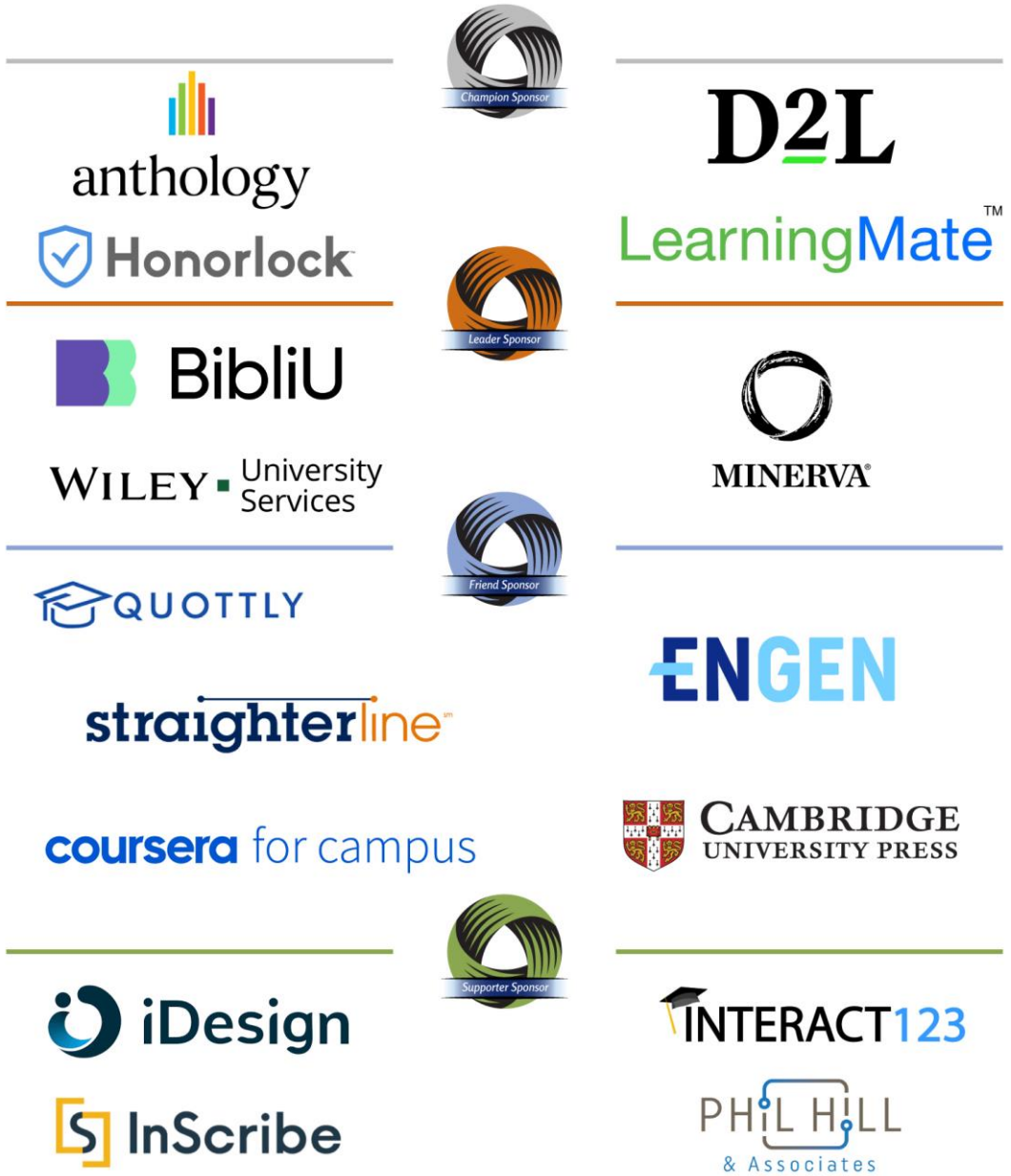
ASWE: Evolve
October 26-28

ASWE
ANNUAL SUMMIT FOR WOMEN IN ELEARNING

Registration is now open: bit.ly/WCET2023AM

Thank you, WCET Annual Sponsors

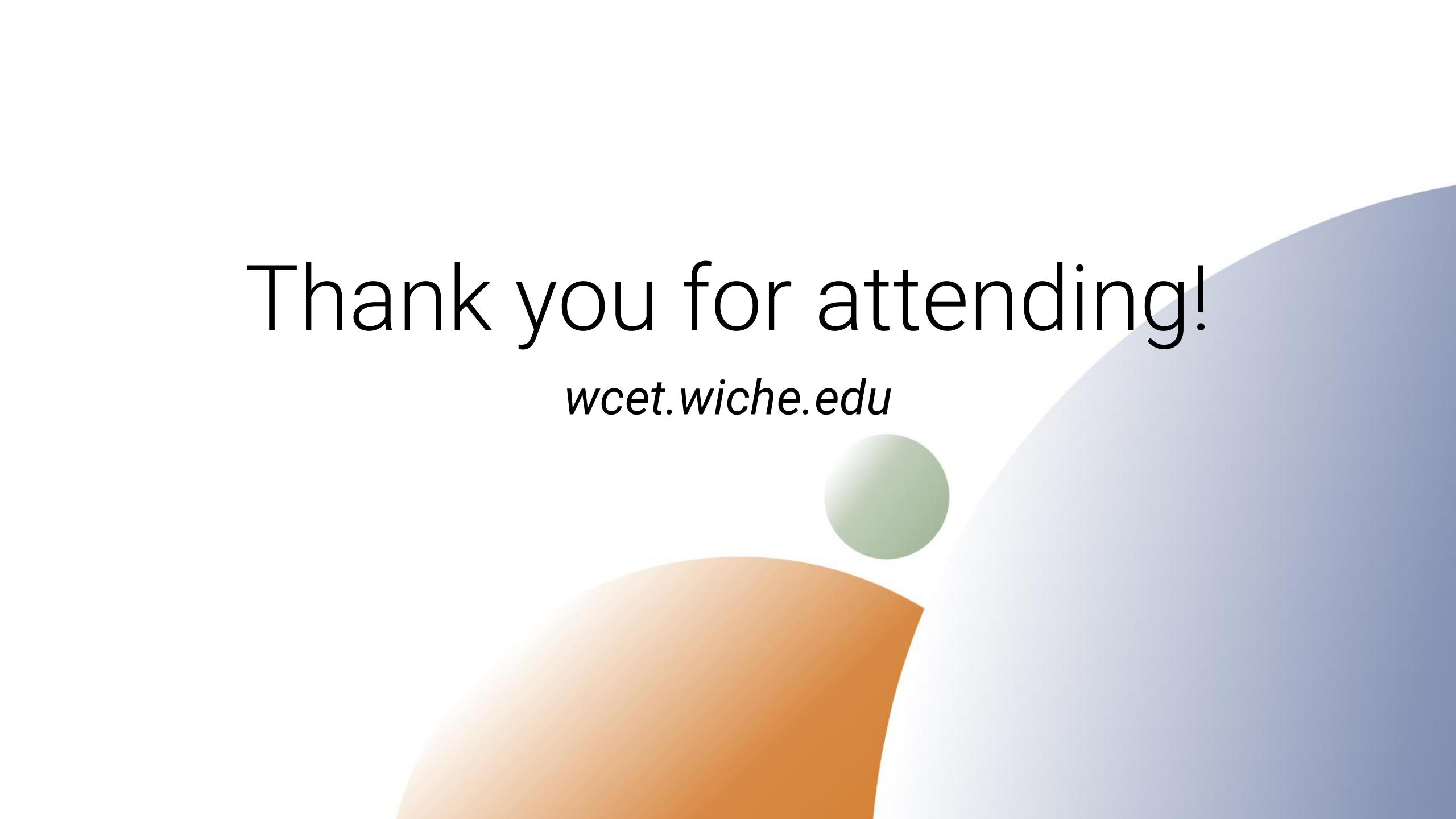
Learn more:
wcet.wiche.edu/sponsorship/wcet-sponsors



Thank you, Supporting Members

Brigham Young University	**The California State University**	**Colorado State University**
Michigan State University	**The University of Arizona**	**University of Florida**

Supporting members make an additional investment and support WCET's mission to advance the effective use of technology for teaching and learning.

Thank you for attending!

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