



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

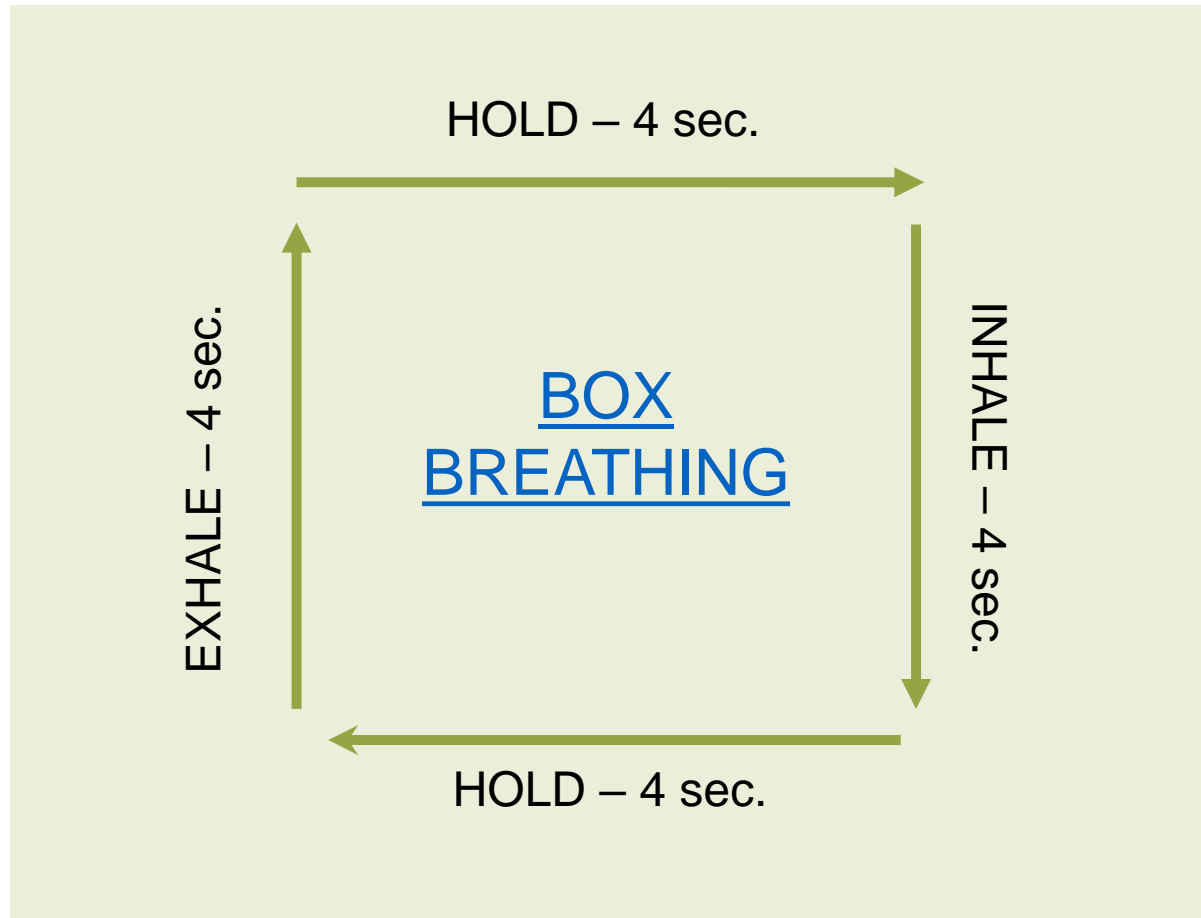


GLORIA NILES

*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



wcet

Webcast

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.

Community

Equity

Policy

Practice



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



ASWE: Evolve
October 26-28



Registration is now open: bit.ly/WCET2023AM

Thank you, WCET Annual Sponsors

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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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