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.
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

INHALE – 4 sec.

HOLD – 4 sec.

BOX BREATHING

HOLD – 4 sec.

EXHALE – 4 sec.

INHALE – 4 sec.
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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The webcast recording and additional resources will be available in the next week: wcet.wiche.edu/events/webcasts.
Learn more and stay connected:

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

ASWE: Evolve
October 26-28

Registration is now open: bit.ly/WCET2023AM
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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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