The Academic Leader's Balancing Act: Managing Time, Stress, and Transitions

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1. Managing Your Personal Time and Stress
   A. Explore tradeoffs in academic leadership
   B. Learn how to focus on High Payoffs (HIPOS) and relegate Low Payoffs (LOPOS)
   C. Managing your management molecule (deans, faculty, staff and students)
   D. Explore common stresses of leaders
   E. Learn to balance personal and professional tradeoffs

2. The Road Less Travelled: Managing Your Transition to and from Academic Leadership
   A. Leadership succession: Passing the baton
   B. New leaders’ transition strategies
   C. Rite of passage to academic leadership
   D. Leader’s Loop: “From Zoom to Doom”
   E. Returning to your roots?
   F. The journey home – now what’s my action plan?