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Self-Care for Department Chairs and Faculty Members

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Self-Care for Department Chairs and Faculty Members

High rates of burnout and attrition among academic leaders and faculty members have led many colleges and universities to launch self-care programs. No longer regarded merely as a luxury, these programs have increasingly come to be regarded as essential components of a comprehensive professional development program. But if you are interested in self-care personally, where do you begin? If you are interested in establishing a self-care program for your department or institution, what do you need to know?

This presentation describes how department chairs can create a well-structured self-care program either for their own development, as a means of mentoring or coaching at-risk faculty members, or developing a series of workshops that can be included in a professional development program. Participants will be guided to existing programs and other resources as well as instructed in what to do (and what *not* to do) when dealing with self-care in a professional setting.