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

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

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?