

A/P Nina Fotinatos (Federation University)

Abstract

This presentation will briefly set the scene on the current challenges of 2020 from the perspective, of a senior woman leader in learning and teaching who is also parenting three teenagers. It will explore how both personal and professional situations have undergone major upheaval in 2020, impacting on our mindset and wellbeing. The presentation will demonstrate how key features from a variety of frameworks, can support growth mindsets required for the future. The presentation will highlight the value of investing in your wellbeing and how with the correct support, you can recovery, build long-term resilience and excel into the future.

Biography

Associate Professor Nina Fotinatos is currently (Interim) Pro-Vice Chancellor (Teaching Quality and Innovation) at Federation University, Director (Centre for Learning, Innovation and Professional Practice) and Chair (University Learning and Teaching Committee). Nina has an extensive background in leading and managing institutional initiatives and change in areas of teaching quality, student retention, academic student success programs and academic professional development. She is passionate about leader development with demonstrated commitment to nurturing staff and student academic career development.

The following learning tools offer options for each learning and teacher leaders and their workplace in progressing beyond the current challenging environment and bracing new exciting opportunities ahead.

1. [Emotional Intelligence EQ2.0 Domains](#)
 2. [Resilience at Work Scales](#)
 3. [Mindfulness for Well Being and Peak Performance](#) (Free MOOC)
 4. The [Peak Performance Curve](#)
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