The Coaching Chronicles

Issue I Volume 37

THE CENTER FOR ACADEMIC EXCELLENCE (CAE) ROUNDTABLE DISCUSSIONS ARE CONTINUING!

Join us next week for our topic of **Diversity-Equity-Inclusion Roundtable**

Tuesday December 1 3:30pm-4:30pm
Friday December 9 12:00pm-1:00pm

Zoom Link

2020 COACHING CHRONICLES NEWSLETTERS

Click this link to view all previous newsletters!

Take Care of Yourself

During high stress times, we must put extra effort into taking care of ourselves and our family. As we wind down this semester, take a moment to focus on YOU.

SELF CARE FOR YOU

Teacher, Interrupted: ... www.edsurge.com

Dear educators, There was life before COVID-19, and there will be life after. We didn't choose to have our schools and colleges closed; our carefully ...

Yoga Poses for Stress... thriveglobal.com

As COVID-19 continues to spread we've all experienced change and stress in our lives. Social distancing is a term many of us had never heard of, but are now using multiple times a day. Races have been cancelled as well as our usual outlets for stress like gyms, fitness studios and group runs. But there […]

Itching to exercise du... www.usatoday.com

Gyms across the country have shut down, but that doesn't mean all exercise is canceled. Here's your guide to 7 free at-home fitness programs.

TAKING CARE OF YOUR FAMILY

Wellness & Self Care

www.american.edu

Tips for staying healthy and taking care of yourself while working remotely during university's expanded telework operating status.

Are You Setting a Goo...

firstthings.org

At perhaps no other time in recent memory has it been so important to stay healthy. These tips can help you set a good example of self-care for your family.

VOICE-OVER WORK!

The Center for Academic Excellence is seeking volunteers to voice record pre-written scripts to be used during new Faculty Orientation.

If interested, click on this link to sign up: FACULTY ORIENTATION VOLUNTEERS

https://forms.gle/Sj...

forms.gle

YOUR FEEDBACK IS NEEDED

The Center for Academic Excellence needs your input! Whether you have read the newsletters; had a coaching session; maybe even participated in one of our Roundtable Discussions, YOUR INPUT IS NEEDED. Click the button above to submit your feedback.

SCHEDULE A COACHING SESSION

Do you have specific questions you want to have addressed? Would you like a one-on-one conversation with your Instructional Coach to get some ideas regarding instructional strategies?

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