

# Recovery:

**Frank and fearless focus: Freeing your mindset is freaky**

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# 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 recover, build long-term resilience and excel into the future.

The following learning tools offer options for each learning and teacher leader 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](#)

# Outline

1. Prioritize Professional Learning

2. Current Reflection

3. Ready for Change

4. Practical Advice

5. Journey Evolves



# 1. Prioritize Professional Learning

## Resilience:

**Keynote: What would make us more resilient?**

Dr Diana Oblinger

President Emeritus of EDUCAUSE

## Reimagining:

**Reimagine assessment beyond restrictions and surveillance**

A/P Phill Dawson (Deakin University)

**Challenge accepted! Re-assessing assessment in 2020**

Brief introduction to presentations (see below)

***Authentic hands-on assessment with a fun twist***, Dr Jessey Lee, Science, Engineering & Technology, Swinburne University of Technology

***Flipping the switch: Disruption as a catalyst for enhancing collaboration and quality***, Sonia Saluja and Helen Keen-Dyer, School of Health, Medical and Applied Sciences, Central Queensland University

***Book Clubs: Feminist approaches to team-based remote learning assessments***, Caroline E. Schuster, School of Archaeology and Anthropology, ANU

***Reimagining group work***, Dr Lynn Gribble and Dr Janis Wardrop, School of Management, UNSW

**Be honest**  
**Be aware of your surroundings**

**Speak your truth**  
**Remember how you say it is vital**

**Mindfully completing 1 key task  
at a time**

**The importance of the task in  
5 mins, 5 days, 5 months, 5 years**

## **2A. Current Reflection: Recovery**

**Frank and fearless focus:  
Freeing your mindset is  
freaky**

**Other options?**

**Utilising different parts of  
your brain**

**Surround yourself with  
peers who compliment you**

**Unparallel times – Health pandemic  
Working from home full time for 6 months**

**Home schooling for 3 teenagers  
Restricted social connections**

**University/sector leadership and organisational change and expectations/directions**

**Reduced and changing resources  
(ie voluntary redundancies;  
contract changes; reduced  
autonomy etc)**

## **2B. Current Reflection** **L&T leadership workplace scenarios**

Conflict

Confusion

Change

Culture

Politics

**Remaining relevant and engaged at all  
levels  
(ie Vice Chancellor Senior Team to  
School L&T Committees)**

**Developing and implementing  
practical innovative solutions with  
short planning timeframes**

**Responding to stakeholder feedback**

**Relating to peer and students  
entirely in a digital environment**

## 2C. Reflecting on yourself...

Poor sleep patterns

Poor exercise and eating habits

Overthinking, worrying, doubting

Overreaction @ home

Anxious thoughts

Less connections with family and friends

Distracted at work

Distracted when driving or undertaking mundane tasks





## 3A. Ready for change.....REALLY?



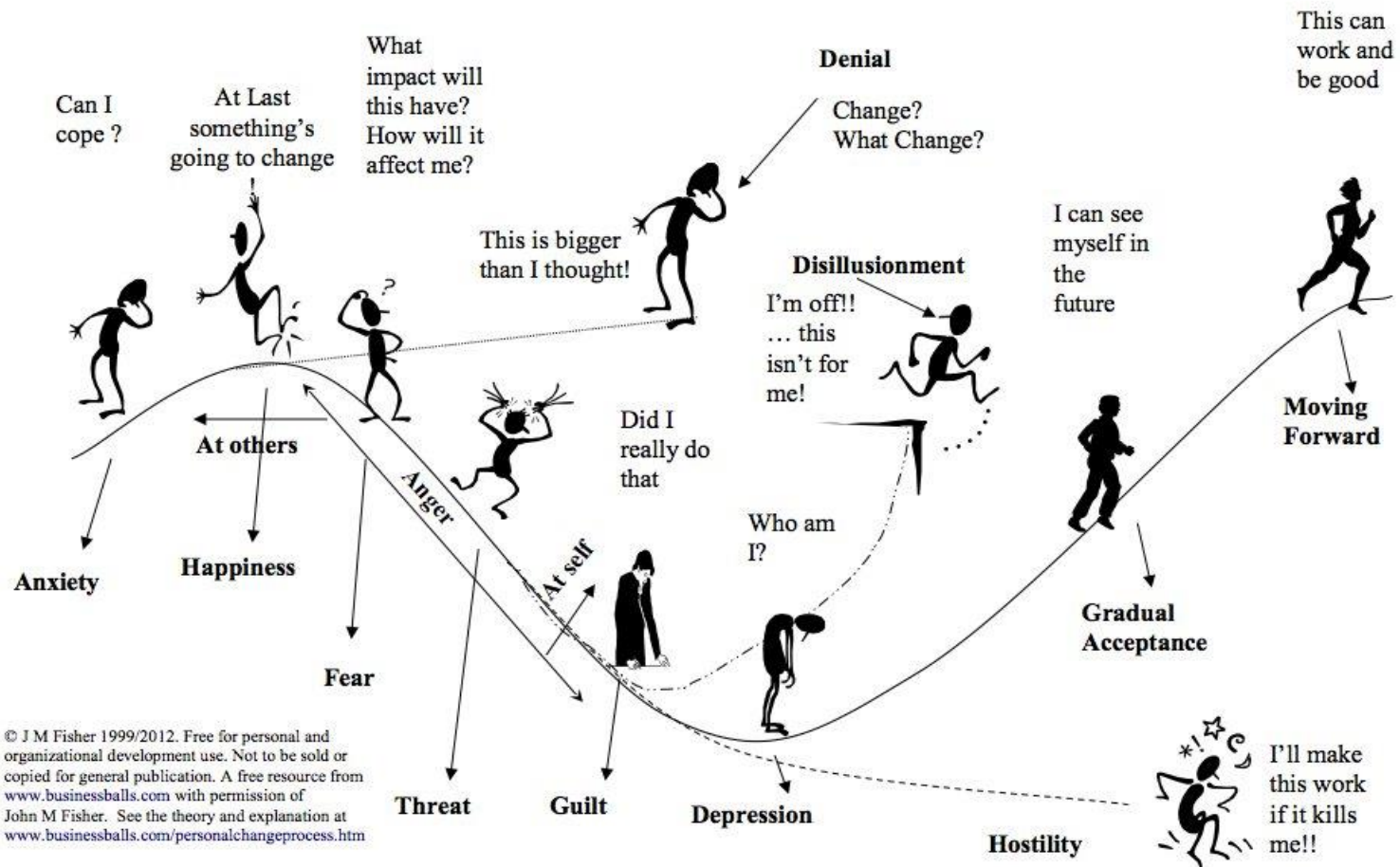
## 3B. The Circle of Influence



*Proactive People Focus  
Their Efforts on Things They  
Can Do Something About.*

Dr. Stephen Covey

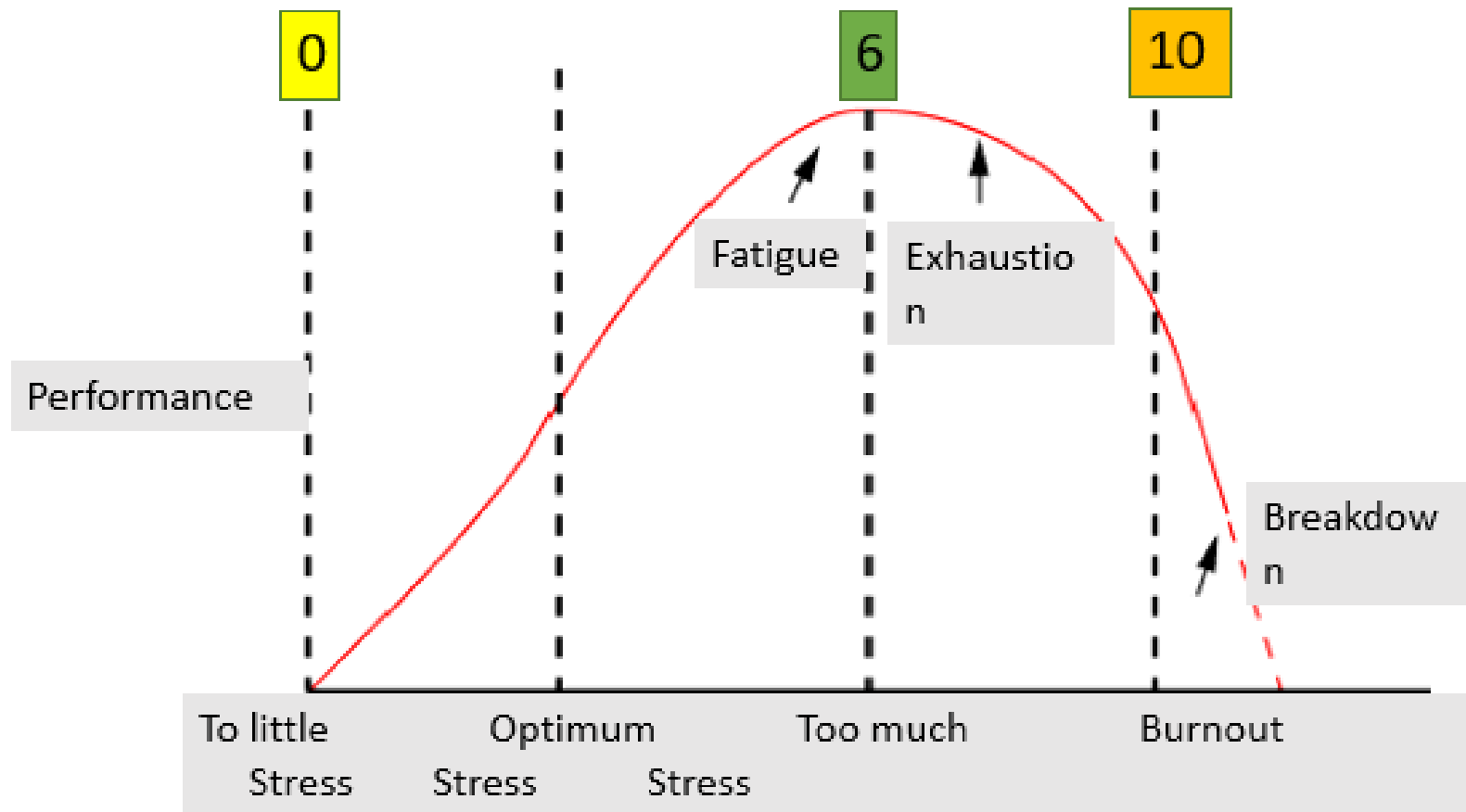
# 3C. The Process of Transition



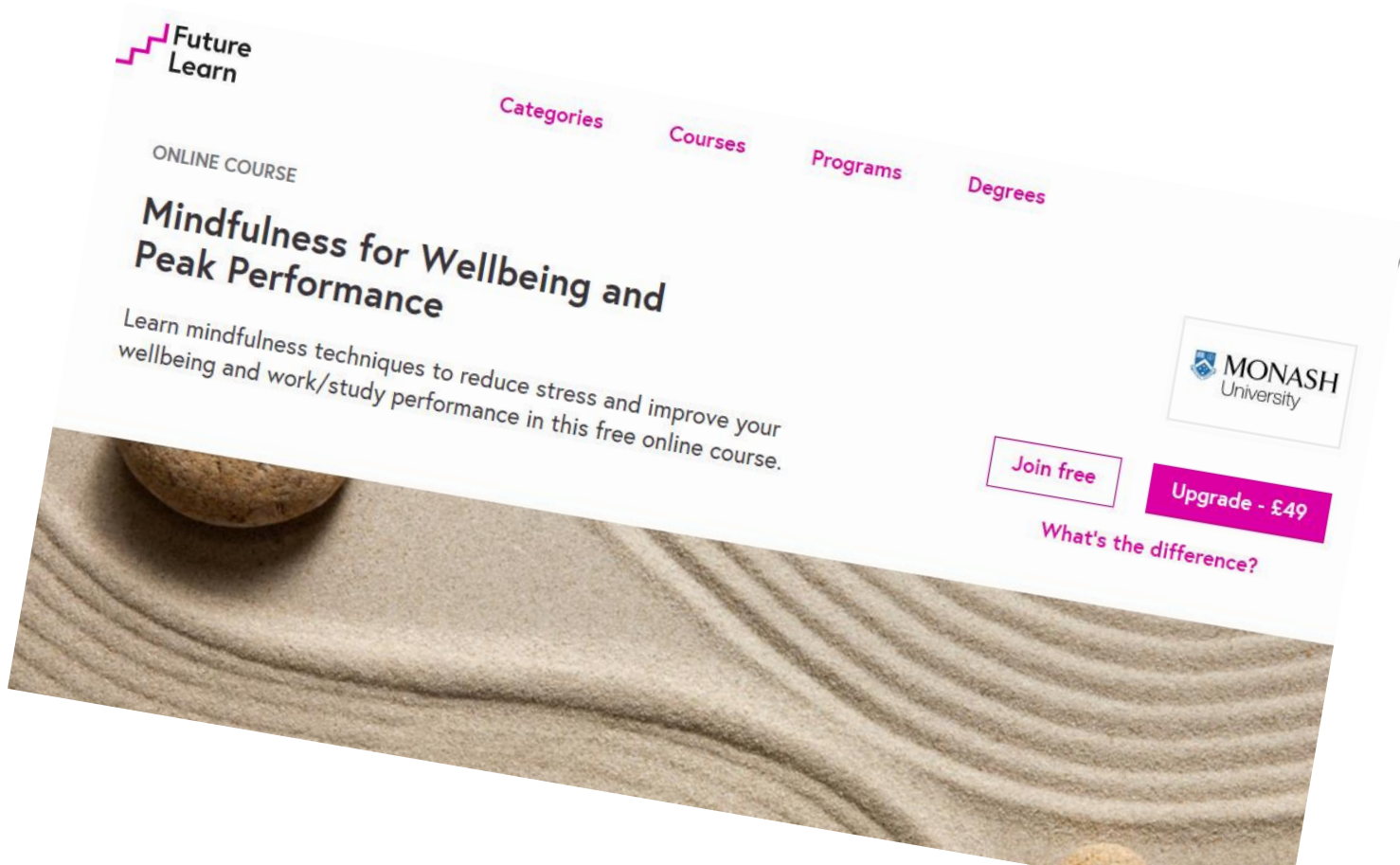
## 4. Practical Advice



## 4A. Human Performance Curve



## 4B. Mindfulness for Wellbeing and Peak



### Cognitive Behavioural Therapy:

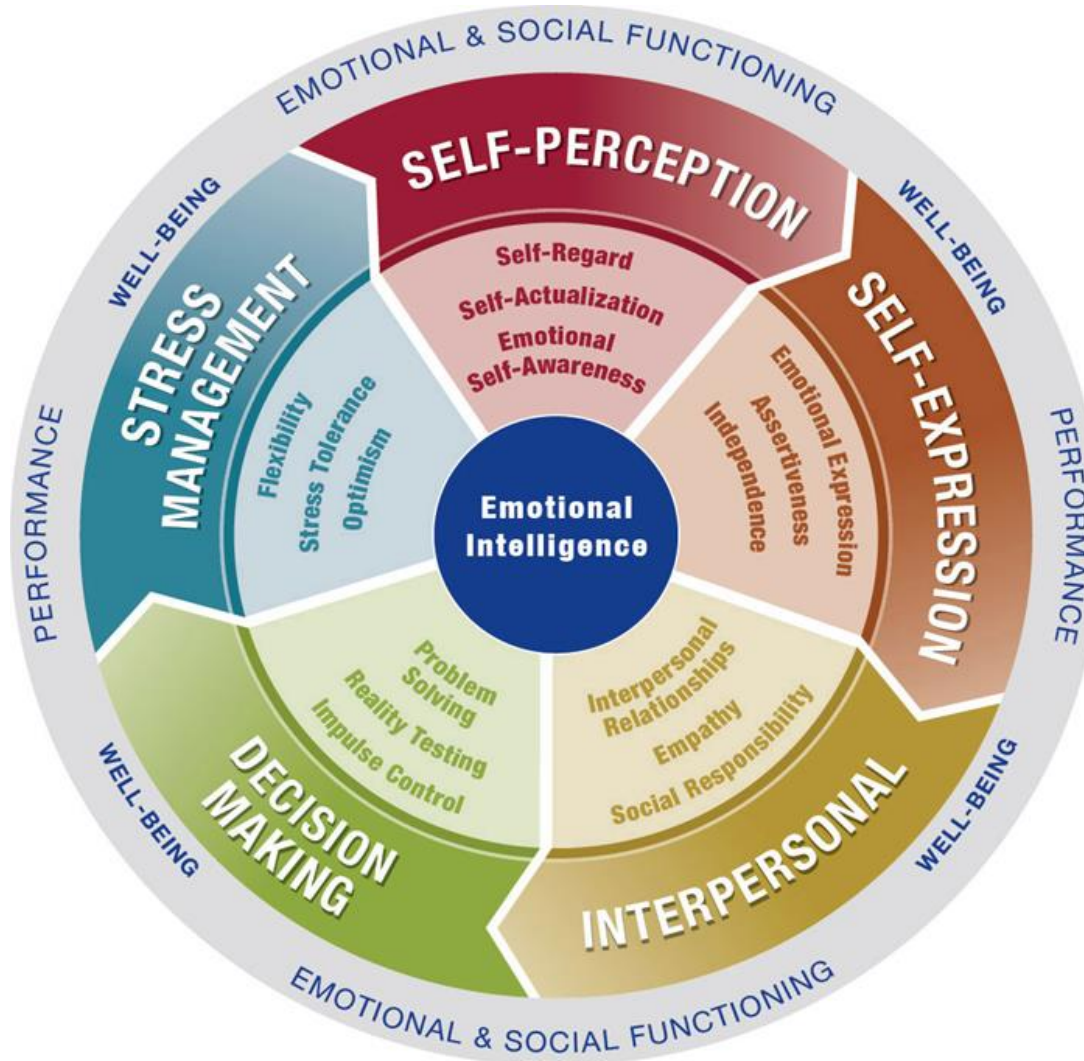
1. Perspective; 2. Acceptance; 3. Non-attachment; 4. Presence of Mind

## 4C. Resilience @ Work Scales





# 4D. Emotional Intelligence (EQ-I 2.0)





## 4E. Support Mechanism...endless options

Emotional  
Intelligence 2.0  
Action Plans

Access  
your leave

Employee  
Assistant  
Program

Lean on  
Managers and  
HR for support

Wellbeing  
MOOC

Change  
interaction with  
challenging staff

Leadership  
Coach

Continue to  
build/foster  
peer networks

Improved  
sleeping &  
eating habits

Advice from  
your health  
professional

Regular exercise  
scheduled into  
routine

Relationship  
Counselling

External  
review

Resilience @  
Work Scales  
Action Plans

Change in  
role



# 5A. The Journey Evolves



Positive  
Work/Life  
Balance.....

it can exist

Remember to be 'frank,  
fearless and free your  
mindset'

## 5B. Recovery, Resilience and Moving Future



Thank you for your attention

Any questions?