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**Teaching Post-COVID: Creating a New Normal**

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**Rediscovering Your Love for Teaching**

There is no way to succinctly state how much the last few years have challenged faculty both within the institution of higher education as well as their personal lives. Both national and anecdotal data show that levels of burnout are high and the general overall passion for teaching have been challenged. Join us for a discussion of both mindfulness techniques and concrete strategies to help rekindle the passion for teaching.