

FALL SESSION CLOSING CEREMONY (2016)
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Publications/Research Goals:

1. Scandal in Real Time (oral history interview transcript: review and revisions) - DONE
2. Race and Existentialism Chapter (submit)- DONE
3. Charles Mills Essay (correct page proofs) – DONE
4. Submit Fellowship Application (new book project) – DONE
5. Beauvoir Book (In Progress)

Service/Administration Goals:

1. Letters of Recommendation - DONE
2. PHIL, Africana Philosophy Graduate Seminar Course Proposal Revisions – DONE (The course has been approved!)
3. Confirm dates for Collegium of Black Women Philosophers 10 Year Anniversary Events in 2017 – DONE
4. Limit Meetings, Protect Time - DONE

Work.Life.Wellness.Balance.Bliss. Goals:

1. 30/30 Mediation Program (September and November) - DONE
2. Host Community Discussion “Guilt and Fatigue” – DONE
3. Tele-workshop “Getting My Life Together for Academics: How to Eliminate/Negotiate/Delegate in the Academy” - DONE
4. “Wellness and Self-Care for Academics” Workshop (at conference)- DONE
5. “Wellness and Self-Care for Academics” Workshop (for Post-Docs) – 12/21/16
6. Silent retreat and awareness conference - DONE
7. Offer a 5 session coaching package (30 minutes each) - DONE
8. Offer a 5 session workshop package (90 minutes each) - DONE
9. 100 Person Project (In Progress)
10. Year 2 of 3, Comprehensive Yoga Therapy Training (In Progress)

Personal Goals:

1. Find a new place to workout (my old gym closed) – DONE
2. Mental Wellness (counseling) and Physical Wellness (extraction of wisdom teeth) – DONE
3. Self-Care – personal travel beyond research and conference trips - DONE
4. Be present and patient with myself and my family/friends (Always a work in progress and I can see my progress)

What were your goals for the Fall Session? (How do you feel about your goals?):

I feel good about all of my above goals and the progress that I made on them.

Going into the fall session, my primary goal was to “tie up loose ends” – close any open loops for publications and other things that I owed other people. I have now “paid off” my publication debts (in terms of past due items). From here I mapped out a new book project and applied for a fellowship to support that project. With that future (2018-2019) opportunity in motion, my singular research/publication focus moving forward is finishing my Beauvoir book (spring 2017).

For *Work.Life.Wellness.Balance.Bliss*, my goals were to continue offering the 30/30 Mediation Program, offer coaching and workshop packages, offer a few tele-workshops and on campus workshops, and learn from the 100 Person Project. Each of these offerings and experiences were tremendous learning opportunities for me.

What did you accomplish during the Fall Session? (How do you feel about your accomplishments?):

I feel relieved to finally close those open loops for overdue publications and to get out of “publication debt.” I am excited about having submitted the fellowship application, which sets me up nicely for my next book project. (Participating in the fellowship application process means that once the Beauvoir book is finished, I know exactly what my next project is going to be. Exciting!)

As for *Work.Life.Wellness.Balance.Bliss*, I am pleased that I offered the 30/30 Meditation program twice in the fall (4 times total for 2016); hosted a community discussion; offered a tele-workshop; and facilitated two awesome on-campus workshops. I learned a lot from my 100 Person Project and I also received amazing opportunities for coaching my ideal clients (e.g. thoughtful, high achieving, amazing, powerful people who feel disempowered in one or more area of life and/or who are great at helping others but find it difficult to follow their own advice and help themselves).

Personally, I found a new workout facility that I like (offers yoga, strength, spinning, etc.); connected to a counselor that I like; finally got my wisdom teeth removed (I have been putting it off for two years); took some life changing trips; and spent wonderful quality time with my family and friends. (I always learn so much from each of them!).

What do you need to bring closure to the Fall Session?:

This “Closing Ceremony” for the Fall Session provides the closure that I need. I can clearly see my goals and accomplishments. I have taken the time to reflect and be mindful about my accomplishments – celebrating what got DONE. I also started my plan for the first two quarters of next year (January – March 2017 and April – June 2017). Yay!

Write a positive affirmation to encourage yourself:

I have done a great job balancing my publications, coaching work, wellness, self-care, and family/friends time – all of which empower and sustain me in meaningful ways.