



OT 24 Hour Virtual Exchange

October 29/30/31

[Depending on where you are]

Exploring Balance



Dr. Ginny Stoffel

PhD, OT, BCMH, FAOTA

American Occupational Therapy Association
President-Elect & University of Wisconsin-
Milwaukee

Balancing Leadership, Professional and Family Occupations

As a life-long occupational therapy leader, Dr. Ginny Stoffel provides insights as to how she engages in leadership, professional and family occupations.

Her personal stories and reflections will provide participants with the opportunity to examine how mindfulness may be applied as a facilitating strategy. Sustainability and personal responsibility for self-care is key to keeping energy, motivation and inspiration in all 3 roles!