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Nota di contenuto	Introduction -- PART 1: Resilience and Female Academics -- 1. Intercultural Collaborative Autoethnographic explorations of female academics' resiliency during COVID-19 -- 2. Resilience of Female Academics during COVID-19: The case of Northeastern India -- 3. Offering up Ourselves: An Autoethnographic Exploration of Two Female Academics during the COVID-19 Pandemic -- 4. Resilience of Working Women during the COVID-19 pandemic: Female academics' perspectives in India, Philippines and Tanzania -- 5. From Challenges

to Opportunities: Navigating the Pandemic as Black Female Early Career Faculty -- PART 2: Resilience and Mental Health, Care, Well-being -- 6. Female Academics' Mental Health, Self-Care, Wellbeing and Resilience -- 7. The female academic, wellness and leadership during the COVID-19 pandemic -- 8. Work-Life Balance during the COVID-19 Pandemic: An Autoethnographic exploration of the experiences of the female academic and administrator -- 9. Workplace Burnout on the Female Academics' Resilience -- 10. Cultural Intelligence and Resiliency as Frameworks for Supporting Transition from Industry to Academia -- PART 3: Resilience and Leading, Teaching and Learning -- 11. An Autoethnographic Study of My Experiences in Educating Academics in Implementing Technology during COVID-19: Implications for Social resilience -- 12. Trials and Triumphs- Collaborative autoethnographic narratives of female leaders' resilience in a Caribbean territory during the COVID-19 pandemic -- 13. The Pillars of my resilience in the time of COVID-19 -- 14. Crisis and Resiliency: Female Academic Leaders During the COVID-19 Pandemic -- 15. Female Postgraduate Students' Resilience and Motivation (Self-Concept/Self-esteem/Self efficacy) during COVID-19 in Jamaica -- 16. An Account of Vulnerability and Collective Resilience in the Classroom.

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#### Sommario/riassunto

This edited book encompasses themes related to resilience during the pandemic with a special focus on what female academics did to hone their resilience. It addresses issues of resilience related to mental health, care and well-being, leading, teaching, and learning. The book offers the reader a glimpse into the academics' lived experiences and shows how they negotiated and navigated the pandemic. Each academic discusses challenges and triumphs such as wellness, leadership, work-life balance, and workplace burnout. The information contained in the book is significant to different parts of the world such as Guyana, Trinidad, Jamaica, Ireland, England, USA, US Virgin Islands, India, Tanzania, Philippines and China. The authors come from various backgrounds with experiences that add to the multi-cultural and multifaceted nature of resilience. They are leading practitioners who have been involved in face-to-face and online teaching, leading and learning for many years. The book brings with it the experience, enculturation, and wealth of knowledge which is of value to academics, researchers, and policy makers who wish to interrogate and understand the concept of resilience. .

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