

WESTERN REGION LEADERSHIP INSTITUTE FOR PUBLIC HEALTH & PRIMARY CARE

SESSION INFORMATION

All live virtual sessions will take place on Tuesdays, 3–5pm MT, from February 3 – May 12, 2026.

FEB. 03 Program Orientation

PART I: SELF – Leadership & Personal Development

FEB. 10 Introduction: Self-Leadership | Naqib Safi, MD, MPH, MBA

Foundations of self-leadership.

FEB. 17 Self-Awareness & Emotional Intelligence (EI) | Priscilla Peña, PhD

Leadership styles, stress management, resilience, and Myer-Briggs + EI assessments.

FEB. 24 Communication & Active Listening | E. Ciszek, PhD

Active listening, trust-building, Neuro-Linguistic Programming, and personal communication goals.

MAR. 3 Communication to Lead: Public Speaking & Media Skills | Carolyn Smith Casertano, APR

Confidence-building, persuasive messaging, and media engagement.

MAR. 10 Data Visualization for Public Health Leaders | Malini Roy, PhD

Storytelling and dashboards for enhanced visual presentation of data.

PART II: TEAM – Leadership & Team Development

MAR. 17 Building Stronger Teams: Cohesion & Growth | B. Love, PhD

Team development stages, psychological safety, trust, and performance strategies.

MAR. 24 Belbin Team Roles Test & Application | Lazara Paz-Gonzalez, MPH

Team role assessments to strengthen collaboration and reduce conflict.

MAR. 31 Communication in Public Health: Trust Building | Carolyn Smith Casertano, APR

Communication as a trust-building intervention and leadership competency.

APR. 7 Building Leaders: Performance Management & Feedback | Naqib Safi, MD, MPH, MBA

Coaching models, accountability, professional growth, and retention strategies.

PART III: ORGANIZATION – Leadership & Systems Development

APR. 14 Systems Thinking & Adaptive Leadership | Gerold Dermid, MBA, PhD(c)

Systems tools, adaptive challenges, workforce well-being, equity, and organizational culture.

APR. 21 Advocacy & Negotiation | Sydni Fomas Do, ABD

Policy influence, negotiation skills, and advocacy for vulnerable populations.

APR. 28 Leading Organizational Change | Liz Amaya-Fernandez, MPH

Change leadership strategies, overcoming resistance, and inclusive leadership.

MAY 5 Leading Organizational Change | Liz Amaya-Fernandez, MPH

Assessing and sustaining change impact.

MAY 12 Inclusive & Equitable Communication | E. Ciszek, PhD

Bias in communication, psychological safety, digital equity, and amplifying voice and belonging.