WESTERN REGION LEADERSHIP INSTITUTE FOR PUBLIC HEALTH & PRIMARY CARE

SESSION INFORMATION

All live virtual sessions will take place on Tuesdays, 3–5pm MST, 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**
Myer-Briggs + EI assessments and Leadership styles, stress management, resilience

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.