



The goal of the MetroWest Health Leadership Program is to enhance the leadership skills of area health staff so that they can increase the health capacity of their agencies and improve community health.

COURSE OUTLINE – 2023

1. Saturday, January 28 – *Personal Leadership Styles* – Brian Mandell, Ph.D., John F. Kennedy School of Government

This class will use case studies and exercises to help participants learn about different leadership capacities and styles. Participants will gain an understanding of themselves as leaders and how they handle conflict and tough decisions.

2. Wednesday, February 8 – *Health Equity and Bias: What Leaders Need to Know* – Shani Dowd

Good health and health care begin with effective communication between provider and client. When this communication is limited because of differences in cultures, values or language, health and well-being can be compromised. This class will provide participants with critical information on health disparities and how a lack of cultural competency can contribute to these disparities. Participants will learn the importance of creating environments that foster good communication and the importance of bringing this issue to the forefront of their agencies.

3. Monday, March 1 – *Leveraging the Power of Data for your Organization* – Jacqueline Murphy, Dr.PH, Curry College

Increasingly, nonprofit and government decision makers are emphasizing their “evidence-based” policies, programs, and plans. But what does this mean? Where are they getting their evidence? Can it support the types of decisions being made? What else should local officials know to make an informed choice? This session will explore common resources for public health professionals about selected topics, examine how data is obtained, question the types of data (i.e., quantitative and qualitative) needed in different situations, and any strengths and limitations of certain datasets.

4. Wednesday, April 5 – *Leading Today: How great leaders manage people and lead change* – Jack McCarthy, D.B.A., Babson College

We face a competitive global environment characterized by turbulence, complexity and change. Developing leaders who can perform effectively under these conditions is an enormous challenge. Our research examines the leadership development practices and initiatives that foster essential meta-competencies for success today. This dynamic and interactive session will define the key drivers of change, explore the core capabilities that leaders need, and share some of the leadership development lessons and experiences to strengthen the leadership pipeline for organizations in all sectors and domains.

5. Wednesday, May 3 – *Political Will* – John McDonough, Dr.PH, Harvard School of Public Health

Strategic thinking involves understanding politics and culture. Effective leaders seize opportunities and are mindful of how local customs can facilitate or block opportunities for change. Participants will explore several public policy models and the ways in which they as leaders can improve their own strategic thinking skills.

6. Wednesday, May 24 – *Negotiation: The Art of Letting Others Have it Your Way* – Brian Mandell, Ph.D., John F. Kennedy School of Government

Good leaders are able to negotiate well because they listen, understand competing interests, and structure the discussion to maximize the results. Participants will learn the theory and practice of negotiation, the importance of thorough preparation and the skills necessary to become good negotiators.

7. Wednesday, June 14 – *The Battle for Hearts and Minds: How Our Own Messaging Brings People In and Drives Them Away* – Shaun Adamec, Adamec Communications

Nonprofit leaders often find themselves frustrated by the way the public thinks and talks about the issues they care about. That public narrative shapes the way our audiences consider the problems we seek to solve and the solutions we propose to solve them. This session will break through the mystique of the public narrative, present clear strategies to identify the current state of hearts and minds around public health-related issues and offer actionable ways participants can shift the way people think and talk about their mission.

8. June TBD – *Presentation to Foundation staff*

Leaders will present their class projects to the Foundation's staff.