

PROGRAM PURPOSE & DESCRIPTION

- A yearlong program for up to 15 individuals currently working on (or interested in working on) Healthy Eating Active Living (HEAL) policy and community environment change.
- Develop a critical mass of change agents, local expertise, and field capacity to effect policy and community environment changes that result in improved health choices for the underserved.
- Develop sustained relationships for strategic alignment and to further health equity.

LEARNING OPPORTUNITIES & BENEFITS

- Enhanced civic leadership capacity to share learning in the community.
- Expand knowledge of promising and best practices in HEAL work.
- Experience group process approaches that are transferable in other settings.
- Increase capacity to leverage resources.



Workshops



Individual Coaching



Action Learning Sessions



Mentors

ABOUT THE GRADUATES

42 graduates over 3 years in sectors including:

- | | | |
|---------------------------------|-----------------------|------------------------------|
| • Community Based Organizations | • Universities | • Neighborhood Organizations |
| • Hospitals | • Health Departments | • Architecture |
| • Mental Health Centers | • City Departments | • Advocacy Organizations |
| | • Rural Organizations | |

WHAT PEOPLE ARE SAYING

“I have gained confidence in wanting to question more; become willing to stretch myself further, and I have developed a comfortableness in operational ambiguity. Thank you for this wonderful experience!”

Joe Blankenship
City of Kansas City, MO

“The Healthy Communities Leadership Academy taught me how to exercise and strengthen my “Leadership Muscle” so that I can positively and effectively influence change in my community.”

Amanda Grodie
Formerly of Jackson County
Health Department

“The Healthy Communities Leadership Academy not only enhanced my understanding of civic leadership, policy and systems change, and community collaboration, it shifted my entire thought-process for addressing health disparities. I feel more adaptive to solve complex challenges, more able to act purposely, and better prepared to take part in true collaboration that will lead Jackson County in making the healthy choice, the easy choice.”

Ray Dlugoleck
Jackson County Health Department

“I’ve taken risks to speak out when I’d rather be quiet, to act when I’d rather retreat. All the time I’ve been reminded of the quote that I keep in front of me daily: Leadership is about doing what is needed, not doing what is comfortable. I’m learning to be comfortable with “the heat.”

Nozella Brown
K-State Research Extension

“The Leadership Academy’s mantra, “leadership as an activity”, has empowered me to step out in leadership more often, not feeling confined by my role or level of authority. My hope is that others will take notice and also become empowered to share their voice.”

Lori Hendrickson
ReDiscover

“To be influential we must stay curious, authentic and check our defaults. Challenges are opportunities, so dress in layers when the heat rises and learn to float in murkiness.”

Jessica Velazquez
YMCA of Greater KC