**2020 Growing ASPHN Leaders Report**

The purpose of ASPHN's leadership class is to help ASPHN members grow in ways that enhance leadership skills and provide practical application.

In 2020, 9 members enrolled from CO, OH, NY (2), IN, MN (2), IW and GA. The leadership of the class consists of 4 volunteer leaders, the (primary) ASPHN consultant, and one additional ASPHN consultant. An Advisory Committee provides oversight and direction. This committee consists of ASPHN member-leadership from public health, academia, and past class participants.

The class concluded on June 29th with final reporting on “practicum” projects that incorporated learned leadership skills, top 10 highlights of lessons learned from the class, as well as a future planning session on utilization of leadership skills for the upcoming year.

As part of the final assignment and final class, participants are asked to commit to joining at least one ASPHN committee, council, special project, etc. Other past members are involved with ASPHN as well at various levels of participation.

* Alison Patrick – Obesity Prevention Nutrition Council, MCH Nutrition Council
* Charles Lorinser – National Fruit and Vegetable Council
* Latresh Davenport – Policy Committee
* Liana Schreiber – Collaboration Committee
* Minh Tieu – Membership, Communication and Outreach, Collaboration Committee
* Teresia Mbogori – MCH Nutrition Council
* Emily Bash – ASPHN Board Secretary

The Growing ASPHN Leaders program was also evaluated by an external evaluator. The evaluation included participants from 2012 – 2020, with a 58% response rate. *Please see attached (it hasn’t been made public yet so we do not have it posted anywhere).*

Here are some summary findings:

**Entry level and experienced nutritionists participating in the Growing ASPHN Leaders program benefited from the opportunity to learn and apply leadership skills.** Participants rated the facilitators and session leaders, program content, and book selection highly. Some participants were neutral when asked if the program helped them advance professionally or increased their involvement in public health initiatives.

Participants felt that the Growing ASPHN Leaders program:

* Developed their leadership capacity;
* Helped them incorporate their strengths into their leadership styles;
* Increased their involvement with ASPHN; and
* Increased their confidence in taking more leadership roles.

**Overall, most respondents had a positive experience in the Growing ASPHN Leaders program and would recommend the program to others.**

Here are a few quotes from class members that they would like to share:

*The ASPHN leadership class helped me become more confident in my own leadership skills and gave me some concrete tools and skills to apply what I learned in my life – both professionally and personally. – Liana*

*As someone who spends most of my time with students, I found this training to be quite valuable.  I was especially glad to be reminded that you do not need to have a title to be a leader and that we are all leading in one way or another but just not doing enough. I will definitely practice the skills learned especially when mentoring and working alongside my students and colleagues in community based nutrition projects.* - Teresia

*Project:  Staff have noted that our agency lacks robust opportunities and capacity for leadership development across all levels of staff.  The framework and structure of the Growing Leaders Program will make leadership accessible to our staff in ways that do not currently exist.  Our goal is consider how Growing Leaders fits within a CCBH context and use the structure and framework to create a self-paced leadership development program for staff across the agency that not only fills a workforce development gap but also begins a culture shift that make leadership accessible for all. - Alison*

*Personal:  Prior to the Growing Leaders program, leadership did not feel accessible to me without a title and formal training.  The Growing Leaders program opened my eyes to the opportunities to lead every day in some way exactly where I am.  My biggest takeaway from the program is that the only person stopping me from leading was myself!  I plan to take skills and learnings from Growing Leaders to get out of my own way and put leadership into practice. – Alison*

**Next Steps:** July 22nd, the Advisory Committee will meet to review the 2020 Class progress and make recommendations for the 2021 year.