



ASSOCIATION OF STATE PUBLIC HEALTH NUTRITIONISTS

Growing ASPHN Leaders Program Description

The current 2020-21 Leaders Class is underway. If you are interested in applying for the 2021-2022 Class, return to this site in September 2021 and download the **updated** application. For questions, contact Shana Patterson Holland, shana@asphn.org.

Basic Strategy: To support ASPHN members to grow as leaders

Timeframe: December 2020 through June 2021

Requirement: You must be an ASPHN member to participate. If you are not currently a member, you can become a member now/by the time you submit your application. Go to this Link for more information: <https://asphn.org/become-a-member/>

If you are not a member, but you still want to apply for the Leaders program, you can apply as long as the membership application is in process. Please contact [Allison McGuigan](#), our Membership Consultant, to inform her of your intent and supply necessary documentation.

You will also need to indicate the description of this process/plan on your Leadership Program Application, Question #1.

You may also contact Allison if you have any other questions about our membership process.

1. Goals of ASPHN's 2020 Leadership program

- Increase the number of highly qualified members for ASPHN and Councils' ballots
- Increase participant's leadership skills so they effectively promote public health nutrition in their states
- Encourage participants to grow as leaders by participating in other leadership programs

2. Participants of the leadership program must commit to:

- Participating in 1 orientation call (In early December)
- Participating in 5 - 6 leadership calls (Jan – May 2021)
- Participating in 1 final planning and debrief call to map & share your leadership journey (June 2021). This is also the time we ask for supervisors to assist you in identifying an opportunity to practice your new leadership skills.

3. Participants will be responsible for acquiring their own books (approximately 5-6 books). Typically, participants' place of employment has purchased or provided these books. In the past, we have utilized this list of books. However, the book list is subject to change until the official schedule is released:

- Learning Leadership: The Five Fundamental of Becoming an Exemplary Leader – James Kouzes & Barry Posner
- Gifts of Imperfection or Dare to Lead – Brené Brown
- Lean In – Sheryl Sandberg
- You Don't Need a Title to be a Leader: How Anyone, Anywhere Can Make a Positive Difference – Mark Sanborn
- Mentoring 101 – John Maxwell
- White People Really Love Salad – Dr. Nita Tyler

4. Participants are asked to join an [ASPHN committee or council](#) after completing the program.

Additional Information about the Class

Estimated hours/time commitment:

- 1) Time to read the book for each month (some are longer than others).
- 2) Time to answer the reflective questions prior to the training call - between 30 mins - 1.5 hrs/month.
- 3) The training call is 1.5 hrs. each month (Dec. - June)
- 4) There is also a closed facebook page just for the class. Each month we ask participants to do a quick (2 – 3 minute) video of at least one impactful thing or ah-hah moment related to the training/call.
- 5) We ask participants to work with their supervisors to identify or create a “practicum” experience whereby some key leaderships skills will be used/practiced. This “practicum/practical experience” will be presented during the last class in June.

The ASPHN [Growing Leaders Application can be found here](#). The application deadline is **Friday, Oct. 9th, 2020**.

For questions, contact Shana Patterson Holland at shana@asphn.org.