ASPHN Courage in Leadership Program: Personal and Professional Development

**Requirement:** You must be an ASPHN member to participate. If you are not currently a member, go to this link for more information: [https://asphn.org/become-a-member/](https://asphn.org/become-a-member/).

**Time Frame:** January to September

**Goal:** Develop leadership confidence for ASPHN members

**Summary:**
The Courage in Leadership Program provides a safe space for leaders to bond, support each other, and have courageous conversations around topics related to effective leadership, building strong teams, racism, bias, emotional intelligence, and cultural humility.

**Structure:**
10 sessions, 45 minutes each
8 ASPHN members per cohort
ASPHN consultants will facilitate two sessions; participants will each facilitate one session during the program with the coaching and assistance of an ASPHN consultant. Facilitation guides are provided.

**Sessions:**
Session 1: Welcome & Introduction to the program and cohort
Session 2: Brene Brown’s Call to Courage (Netflix video; 1 hours 13 minutes)
Session 3: The Five Dysfunctions of a Team by Patrick Lencioni
Session 4: Driving While Black (PBS video; 1 hour 55 minutes)
Session 5: Leading Change by John P Kotter
Session 6: Simon Sinek: Why Leaders Eat Last (YouTube; 46 minutes)
Session 7: Primal Leadership: Unleashing the Power of Emotional Intelligence by Daniel Goleman, Richard Boyatzis & Annie McKee
Session 8: The Will to Change podcast E208: In Pursuit of Progress: Adrienne Lawrence and Rebecca Cooper (1 hour 5 minutes)
Session 9: How to be an Antiracist – Ibram X Kendi
Session 10: Leading Up When You’re Not in Charge – Craig Groeschel (YouTube; 25 minutes) plus Conclusion & Debrief of lessons learned

**Additional Details:**
Participants are responsible for acquiring their own books.
Participants are asked to submit a brief summary of how they will continue their leadership journey after the program.
Participants are asked to join an ASPHN committee or council after completing the program.
For more information, contact Phyllis Allen or Teresa Jones.