



# METROWEST HEALTH FOUNDATION

## Course Outline – 2018

*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.*

### January Retreat

#### ***Why Leadership Matters***

This presentation is designed to set the stage for the program by providing compelling insight into the ways in which effective leaders get things done, the critical skills and attributes leaders need and how great leaders overcome obstacles and challenges.

#### ***Personal Leadership Styles***

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.

### February

#### ***Cultural Competency: What Leaders Need to Know***

Good health and health care begins 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.

### March

#### ***Using Data for Decision Making***

Obtaining, analyzing and presenting local data are critical to mobilizing resources to address health needs. This session will focus on helping participants understand what

they need to know about data in order to make decisions about agency programs and to communicate findings to their stakeholders.

April

***The Art of Thinking Strategically***

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.

May

***Building Powerful Coalitions***

This session will demonstrate the power collaboration has in addressing critical health care challenges in our community. Participants will learn the process of coalition building, the keys to success and the barriers to effective collaboration and the ways they can strengthen their own coalition-building skills.

***Negotiation: The Art of Letting Others Have it Your Way***

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.

June

***Speak Up: Effective Communication with the Media and Other Audiences***

Being able to mobilize individuals by effectively communicating purpose and results is one of the hallmarks of a great leader. This session will help participants use their own personal communication style for greater effect. Participants will also learn about creating a communications strategy and working with the media.

***Presentation to MetroWest Health Foundation Board of Trustees***

Leaders will present their class projects to the foundation's board.