SKILL-BUILDING WORKSHOP

LEADING THROUGH CHANGE: RECLAIMING YOUR AGENCY FOR WELL-BEING AND IMPACT

Wednesday, March 18, 2026 | 9AM – 12PM ET
Crystal Gateway Marriott, 1700 Richmond Highway, Arlington, VA 22202

REGISTER TODAY!

Rapid organizational change creates turbulence that extends far beyond logistics. It threatens the well-being and effectiveness of leaders, faculty, and staff at every level. Yet within this turbulence lies an opportunity: **those who reconnect to their personal agency** (their ability to choose their response) **become anchors of stability for their organizations and communities**.

This interactive workshop equips public health and higher education leaders, faculty, staff, and students with evidence-based practices to strengthen resilience, reclaim agency, and lead with steadiness during periods of significant transition. Participants leave with immediately applicable tools to restore clarity, preserve energy, and model grounded leadership even when organizational circumstances remain uncertain.

WHAT YOU'LL LEARN

Participants will leave the workshop able to:

- **Redefine well-being as a leadership skill.** Rooted in awareness, agency, and intentional choice rather than work-life balance or stress management alone
- **Distinguish between drains and restorers.** What drains and what restores their sense of control, influence, and personal energy in the midst of change and organizational transition
- **Practice concrete strategies.** Mindset and communication strategies to sustain well-being during change and model grounded leadership to their teams and colleagues
- **Leave with a personalized toolkit.** Repeatable practices to use immediately in their own organizations

WHO SHOULD ATTEND

Public health faculty, staff, students, administrators, and university leaders with a desire to restore clarity, preserve energy, and model grounded leadership even when organizational circumstances remain uncertain.

2026 ASPPH ANNUAL MEETING
FOR ACADEMIC PUBLIC HEALTH

MARCH 18-20
ARLINGTON, VA