



## Build Your Future with the WIC-Nutrition Leadership series

*Session 1: January 29-30, 2007*

*Session 2: April 23-24, 2007*

*Session 3: July 23-24, 2007*

*The Sheraton Madison Hotel*

*706 John Nolen Dr, Madison, WI*

*Sponsored by the Wisconsin WIC Program through a federal infrastructure grant from USDA*

### General Information

The purpose of this three-part training series is to build nutrition leadership capacity in Wisconsin. The focus will be on applying leadership behaviors and skills to influence and improve all aspects of participant's work in nutrition leading to better health outcomes and quality of life for their communities. The sessions are created around the principles of self-leadership, leading others, and leading in organizations and communities.

This program is offered free to WIC Directors and Nutritionists. Enrollment is limited to approximately 35 attendees. Attendance at the series is limited to 1 person/project. Each project accepted into the series will receive a stipend of \$ 1000-\$1200. The stipends are designed to offset costs associated with attending the sessions and staff time associated with series attendance.

#### **Dates & Locations:**

Session 1: January 29-30, 2007

Session 2: April 23-24, 2007

Session 3: July 23-24, 2007

All sessions will be held at The Sheraton Madison Hotel, 706 John Nolen Dr, Madison, WI. (web address: [www.sheraton.com/madison](http://www.sheraton.com/madison) )

Hours for each session of the series will be:

Day 1: 10AM-5 PM, Day 2: 8AM-3 PM

#### **Who Should Attend:**

WIC Directors and Nutritionists who are committed to developing their nutrition leadership and management

skills to create healthy organizations and healthy communities.

#### **Series Commitment:**

Directors and Nutritionists accepted into the series must commit to:

- Completing pre-session assignments (2 hour commitment/session)
- Attending & fully participating in all three series sessions
- Participating in follow up activities between sessions (You'll be given a choice of activities from which you can choose-2 hour commitment/session)
- Attendance and sharing at regional meetings between sessions

#### **Featured Speaker:**

*Suzanne Gregory, MPH*

*President*

*Phelan Gregory Consulting, Inc*

*Richmond, VA*

#### **Continuing Education Credits:**

A certificate of attendance will be provided

### About the Series:

The WIC-Nutrition Leadership Series is composed of 3 sessions each of which build on the skills learned in the previous sessions. Participants accepted into the series are required to attend all 3 sessions.

*Session 1, January 29-30, 2007:  
Self Leadership*

“Leading me comes before leading others.”

Professional and life goals and aspirations change over time. By reflecting on your personal values, professional needs, strengths, weaknesses, communication style and decision-making style, you can take stock of your leadership assets and create a path for enhanced satisfaction in your work and life.

Upon completion of the training, participants should be able to:

1. Effectively use self-reflection techniques on a routine basis.
2. Identify personal and professional strengths, challenges and growth potential.
3. Reframe situations from multiple perspectives.
4. Distinguish internal values from collective values.
5. Use sources of personal reward and rejuvenation to sustain your professional practice

### ***Session II, April 23-24, 2007:***

#### ***Leading others***

The key to leading for excellence is a person’s ability to work successfully with everyone in their organization. Plans on paper are nothing until people work together to get things done. In the end, people are the key to change and everyday success. The way a person approaches each encounter says a lot about their ability to lead others.

Upon completion of the training, participants should be able to:

6. Negotiate and manage conflict.
7. Build and sustain relationships to accomplish goals.
8. Function effectively as part of an interdisciplinary team and value professional practice and expertise.
9. Demonstrate the ability to communicate effectively about public health nutrition with multiple audiences
10. Utilize personality, commitment, and passion to attract others to nutrition mission and goals.

### ***Session III, July 23-24, 2007:***

#### ***Leading within Your Community***

Leading nutrition related efforts in the community requires skills and strategies for working effectively with diverse stakeholders. In this session, you will learn about ways to engage the community in the design and development of successful nutrition policies and program.

Upon completion of the training, participants should be able to:

11. Identify a wide range of stakeholders who influence who influence changes in public health nutrition policies and programs within your organization and community.
12. Identify assumptions and detect ambiguities and contradictions in positions and beliefs of stakeholders.
13. Use data, levels of evidence, and other objective evaluative criteria in proposing and selecting nutrition-related policies and programs for your community.
14. Use strategies to balance the interests of diverse stakeholders in a coalition or work group.
15. Effectively facilitate meetings and decision-making with a variety of stakeholders/constituents.

## **Application & Enrollment Information**

### **To apply:**

Interested WIC Directors and Nutritionists must complete the enclosed application form and mail, fax or email it to Linda Petersen by November 10, 2006

*Mail address:*

Bureau of Public Health  
610 Gibson St, Suite 3  
Eau Claire WI 54701-3687

*Fax:* 715-836-6686

*Email:* [peterlj@dhfs.state.wi.us](mailto:peterlj@dhfs.state.wi.us)

Enrollment is limited to approximately 35 attendees. Attendance at the series is limited to 1 person/project. Attendees will be selected by the Leadership Series Planning Group who reserve the right to assure diversity in series attendance. You will be notified of your acceptance by December 1, 2006.

### **Series Meals/Breaks:**

A continental breakfast and lunch will be provided for all attendees. Dinner will be on your own.

### **Lodging Information:**

Room reservations can be made by calling 608-251-2300. Please tell the reservation staff you are with the La Crosse County Health Department function. Room rates are \$62 for a single and \$92 for a double.

Attendees are responsible for making their own hotel reservations. Rooms will be held until December 30, 2006.

All rooms include wireless HSIA, a coffee maker, hair dryer, an iron and an ironing board. Parking is free. The hotel also includes an exercise room, indoor pool, Jacuzzi and sauna. The Sheraton is also on a city jogging and bike path.