



Authentic Leadership Development Series for Health and Safety Professionals

Choose one, or take all three!

10 contact hours/1.0 CEU per course

January 17, 24, 31
2:30–5:00 PM PST

Transformational Leadership Development for Health & Safety Professionals

This course focuses on three positive styles of leading others and the four components of each style. This course provides the opportunity to explore your thinking, feelings, and actions related to the different leadership capabilities.

April 4, 11, 18
2:30–5:00 PM PST

Accelerating Leadership development for Health and Safety Professionals

Before you can engage in acquiring these new capabilities and skills, you first need to be in a position of being ready and willing to learn and develop. This course will provide insight into unlocking both the motivation and abilities related to launching your leadership development.

June 6, 13, 20
2:30–5:00 PM PST

Fostering Positive Psychological Capital & Emotional Effectiveness for Health and Safety Professionals

Today's safety leaders need to understand stress, and emotions in the workplace in order to design a healthy work environment for the 21st century. This course will provide opportunities to examine, explore, and practice positive approaches for increasing individual and group levels of motivation, inclusivity and emotional effectiveness with the ultimate goal of fostering a safe work environment.

Each course consists of three 2.5 hour Zoom sessions with additional self-paced work in an online format. Any or all of the courses may be taken in any order.

WHY ARE THESE COURSES FOR YOU?

This one-of-a-kind series of courses was designed by and for health and safety professionals, in partnership with leadership and change management experts.

With today's evolving landscape, environmental health and safety leaders are looking for new ways to go beyond developing technical abilities and focus more on motivating themselves and others to act as "change agents" for reducing worker illnesses and injuries in their organizations.

See reverse for more information

MEET YOUR PROFESSIONAL LEADERSHIP COACH

Molly Breyse Cox, MA, PhD, University of Washington Foster School of Business, Center for Leadership and Strategic Thinking (CLST)

Dr. Breyse Cox has over 25 years of change management work experience with Fortune 500 companies. This includes leadership positions in IT, Operations, Customer Service, Product Management, and Marketing. She joined the CLST team in 2014 as a Leadership Development Coach and Instructor for MGMT 300 in the UW Foster School of Business. Dr. Breyse Cox has experience in transformational change projects, including designing and deploying new technology, organizational change, and leadership development. Her work is focused on fostering safety and psychological safety in education and the workplace. In 2008, she was chosen as the recipient of Women in Technology International's Leadership Award for leadership in support of women in IT.

Featured Guest Lecturer: Bruce Avolio, Executive Director of CLST, UW Foster School of Business; Professor of Management, Mark Pigott Chair in Business Strategic Leadership.

PLANNING COMMITTEE

Bruce Avolio, PhD, MA

Marissa Baker, PhD, MS

Molly Breyse Cox, PhD, MA

Martin Cohen, ScD, MS

Kate Durand, MHS

Kat Gregersen, MPH

Christer Helstrand, MSc

Ann Lindsey, CSP, CET

Aurora Martin, JD

Nancy Simcox, MS

"Now is the perfect time for developing additional leadership skills. The assessments I took during the course allowed me to gain a 360° perspective and contrast how others saw me compared to how I viewed myself. Taking time to discuss with others and reflect upon the building blocks that got me where I am, allowed me to gain insights on what I may need and/or choose to work on to move forward. This has made me more intentional not only in my own professional development, but how I interact, motivate, and develop others."

—Ann Lindsey, Transformational Leadership Academy development committee member and participant in pilot transformational leadership training

INTENDED AUDIENCE

This course is intended for all safety professionals, industrial hygienists, union leaders, supervisors, managers, public health practitioners, healthcare providers, and others who are interested in leadership development. These courses are part of the NEW Total Worker Health® Certificate Program.

REGISTRATION & COURSE LOGISTICS

\$499 per course

To register, visit oshce.uw.edu

Phone: 206-543-1069 or 800-326-7568

E-mail: ce@uw.edu

► **Virtual—Instructor Led**

To request disability accommodation, contact the Disability Services Office at least 10 days in advance at: 206-543-6450 (voice); 206-543-6452 (TDY); 206-685-7264 (FAX); or dso@u.washington.edu (e-mail)



**NORTHWEST CENTER
FOR OCCUPATIONAL
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Illustration, front: Cathy Schwartz