



Authentic Leadership Development Series

Choose one, or take all four!

10 contact hours/1.0 CEU per course

Dec 6, 2024 In person
Dec 3, 10, 17, 2024
3:00–5:30 PM PST
Online, Instructor-led

Transformational Leadership Development

Defines three positive styles of leading others and provides the opportunity to explore your thinking, feelings, and actions related to the different leadership capabilities. The course examines how Transformational Leadership frameworks, tools, and skills are directly transferable in your workplace.

Oct 25, 2024 In person
Mar 11, 18, 25, 2024
Online, Instructor-led

Effective Emotions and Psychological Capital in the Workplace

Provides 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. New frameworks, tools, and coaching can be directly transferable in the workplace.

Nov. 5, 12, 19, 2024
Online, Instructor-led

Accelerating Leadership Development

Provides insight into unlocking both the motivation and abilities relating to your leadership development. *This course is required in the Total Worker Health® Certificate program.*

Jan. 28, Feb. 4, 11, 2025
3:00–5:30 PM PST
Online, Instructor-led
Jan 31, 2025 In person

Advancing Leadership & Communication for Change Management

Focuses on how to successfully implement new frameworks and methods to foster successful change within an organization. This course includes discussions designed to challenge your assumptions and provides new ways of thinking to address real-life interactions.

Each course consists of three 2.5 hour 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. Assignments are provided by the Center for Leadership and Strategic Thinking.

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.

★ Start your Total Worker Health®

by taking these courses. ★

See reverse for more information

MEET YOUR PROFESSIONAL LEADERSHIP COACH

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

Dr. Breysse 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. Breysse 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.

"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, human resource specialists, risk managers, union leaders, wellness coordinators, sustainability professionals, and others who are interested in leadership development and who intersect with occupational health and well-being. 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: 800-326-7568

E-mail: ce@uw.edu

► Combination of in person and 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
HEALTH AND SAFETY**

UNIVERSITY of WASHINGTON



Photo, front: [iStockphoto.com/Philip Steury](https://www.istockphoto.com/Philip_Steury)