

PHLP

▶ THE PUBLIC HEALTH LEADERSHIP PROGRAMME (PHLP)

You will be inspired and focused to make a difference in public health and have the skills and courage to act.

What is PHLP?

PHLP is a leadership programme designed for public health leaders in New Zealand. The programme is funded by the Ministry of Health and has been developed following extensive consultation with the sector. *PHLP* builds leadership competencies identified as important for leaders in public health. The programme has been developed by Catapult (specialist leadership and organisational performance consultancy) and Quigley and Watts (public health specialists).

PHLP will allow participants to discover their leadership potential and equip them with practical and tested leadership tools and resources. The programme will generate immediate and lasting benefits for participants, those they lead, and for public health.

PHLP has a six-day leadership component delivered as three two-day sessions.

In 2015 one programme will be offered in Wellington and one in Auckland.

Who is PHLP for?

The *PHLP* is for leaders wanting to inspire, refresh and create a powerful foundation for their leadership development.

PHLP is not designed to teach public health. Participants are expected to have a good knowledge of public health principles including an understanding of social determinants of health, inequalities in health, how culture influences health, and the significance of the Treaty of Waitangi in health.

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The following criteria will guide selection. Participants should meet most of the selection criteria.

- Currently in a leadership role
- At least three to five years' experience in public health in New Zealand
- Commitment to core values of public health
- A commitment to remain in public health
- Regarded by others as a leader, e.g. asked to mentor others, history of being asked to take responsibility by community for central activities, takes the lead on a particular issue
- Self-motivated with the passion and ability to make a significant difference in public health.

Where all these criteria are met, applicants who meet the following additional criteria will be preferred:

- Mā ori, Pacific or Asian
- Seniority and strategic influence
- In management/team leader roles
- Demonstrated initiative and leadership to achieve public health outcomes
- Hold public health qualifications
- Have more years of experience over less.

Why Choose *PHLP*?

Designed for Public Health

PHLP has been designed to meet the leadership challenges facing public health. *PHLP* develops leadership competencies identified as essential for public health leaders. The programme is firmly grounded within the reality of public health. Case studies drawn from public health and practical sessions will allow for application back to work.

Leadership Wisdom + Practical Tools = Breakthrough Results

PHLP explores what is at the source of powerful leadership. Participants gain transformational insights into themselves and the nature of leadership. They are equipped with practical leadership tools that make a real and lasting difference.

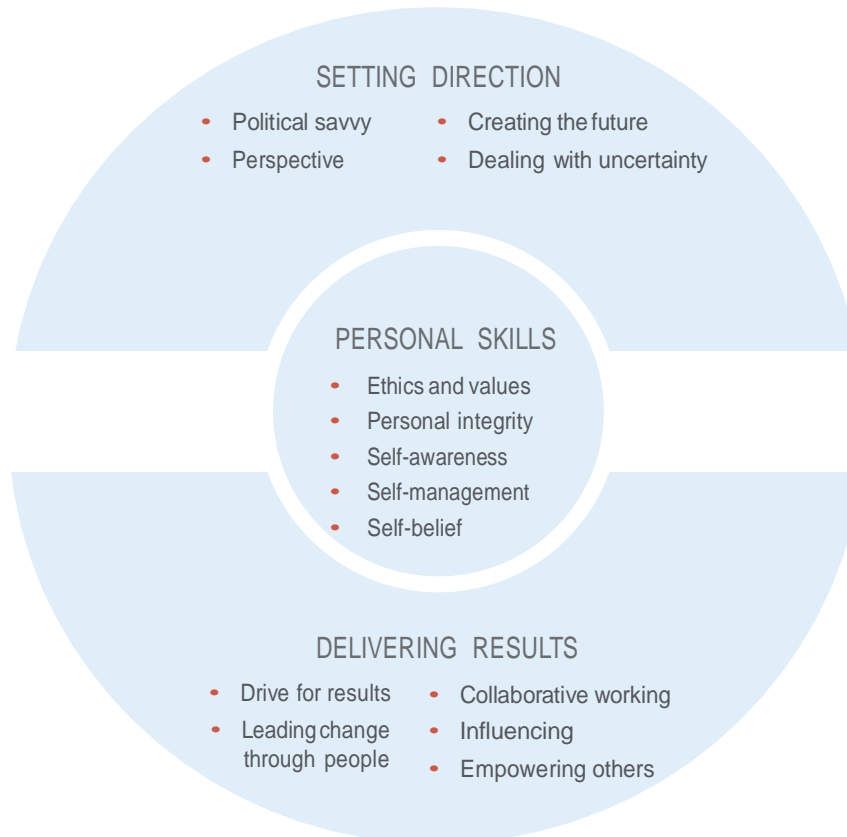
Relevant and Applicable Content

PHLP is created specifically for New Zealand public health leaders. The case studies and examples used are based on the work Quigley and Watts and Catapult have undertaken with hundreds of New Zealand leaders and organisations. This means the content will be directly applicable to participants' work.

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What Are the Leadership Competencies *PHLP* Develops?

PHLP develops leadership competencies identified following extensive consultation with the sector:



What Outcomes Can I Expect?

By the end of *PHLP* you will:

- Understand what leadership is, and what's expected of leaders
- Have identified what is at the source of effective and powerful leadership
- Have greater self-awareness, self-confidence and leadership wisdom
- Understand your primary leadership style and how to adapt your style to be more effective
- Have clarified your personal values and created an inspiring leadership vision
- Have explored public health values and ethical issues
- Know how to create shared purpose
- Know how to create a powerful and compelling vision and goals
- Have developed your strategic thinking abilities
- Have developed your political savvy
- Know how to lead change and align people

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- Know how to inspire and motivate others
- Understand how to work collaboratively with others
- Have enhanced influencing skills
- Understand how to approach challenging conversations
- Know what is required to create a high-performing team
- Understand and have practiced the fundamentals of coaching
- Formed peer learning groups to support you in implementing learning
- Have undertaken a range of action learning projects to implement learning back at work
- Have a leadership development plan.

What Does PHLP Involve?

1. Pre-work

Getting full value from the programme requires an enquiring mind, a willingness to participate, and a commitment to implement learning back in your workplace. Pre-work ensures you enter the programme ready for an intensive and accelerated learning experience. Participants need to allow at least two days for pre-work before Workshop One and between workshop sessions. Pre-work includes:

- Undertaking 360-degree feedback on how you are performing in relation to the public health leadership competencies. This feedback will be debriefed one-on-one prior to the programme with a professional coach. The feedback will help you identify your learning objectives for the programme.
- Completing an online assessment tool (DISC) which identifies your primary leadership style at work. A comprehensive personalised report is received during the programme.
- Answering pre-work questions and completing pre-readings to help you focus on the programme content.

2. Six Programme Days

PHLP programmes are six days in total. These six days are divided into three sets of two days spread over several months. It is essential to attend the full programme and full workshop days.

3. Coaching

As well as debriefing your 360-degree feedback, you will have one-on-one coaching by a professional coach after each workshop component. Coaching is a great way of ensuring you maximize the value from PHLP.

4. Action Learning

It is expected that participants will design and implement projects to apply programme insights back at work.

5. Peer Groups

It is expected that participants will form peer groups. Groups will communicate between workshop sessions to support implementation of programme content.

6. Alumni

All PHLP graduates will become part of the PHLP Alumni, receiving regular e-news and opportunities to participate Alumni events and workshops.

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Programme Dates 2015

Each programme has six days spread over several months. As well as the workshop days, participants need to allow for pre-work (including 360-degree feedback and coaching) in the eight weeks prior to the first session.

Programme 1 (Wellington):

11 - 12 August, 15 -16 September, 3 – 4 November 2015

Programme 2 (Auckland):

18 – 19 August, 22 – 23 September, 10 – 11 November 2015

Applications close at 5pm Monday 16 March 2015. Note that applicants must demonstrate that they have their manager's support to attend and to pay travel, food and accommodation expenses.

All applicants will be contacted regarding the outcome of their applications on 10 April 2015.

Location: Wellington

PHLP Programme 1 will be held in Wellington at the CQ Hotels Conference Centre located at 213–223 Cuba St, Wellington. Cuba St is at the heart of Wellington's vibrant café and eclectic shopping area. The venue is only a few minutes' walk to the waterfront, the CBD and some of Wellington's best cafés and restaurants. The CQ links two hotels: the Quality Hotel (four+ star) and the Comfort Hotel (three+ star). Further information about the accommodation is available at www.hotelwellington.co.nz. Bookings can be made by contacting the hotel directly on 0800 888 5999 or by email reservations@cqwellington.com.

Location: Auckland

PHLP Programme 2 will be held in Auckland at the Sudima Hotel located at 18 Airpark Drive, Mangere. The hotel is close to the Auckland Airport and offers a complimentary shuttle service to and from the airport. It has a gym and heated indoor pool. Further information about the Sudima Auckland Airport is available at www.sudimahotels.com/Auckland. Bookings can be made by contacting the hotel directly on 0800 783 462 or by emailing reservations@sudimauckland.com.

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Investment

PHLP is funded by the Ministry of Health. This includes tuition, programme resources, 360-degree feedback, personal leadership profile, four one-on-one coaching sessions, development of a personal leadership plan and access to a continuing support network of *PHLP* graduates. Morning tea, lunch and afternoon tea will be provided on each course day.

Participants are expected to cover their own accommodation, travel, breakfast and evening meal costs.

How to Apply

Fill out the online application form on the website www.publichealthworkforce.org.nz
Applications close on 16 March 2015.

Enquiries

PHONE: Jo Gregg on 04 384-2047

EMAIL: jo@quigleyandwatts.co.nz

Session Outline

▶ WORKSHOP ONE – LEADING SELF

What is Leadership?

We explore what leadership is, how it differs from management, and what's expected of leaders. We provide a Leadership Map to guide you through the territory of leadership.

You as a Leader

There is no one best type of leader. What's important is leading in a way that is real and authentic for you. This requires self-awareness, self-belief and clarity about what you believe in and stand for. In this session you clarify your personal values and create an inspiring leadership vision for yourself. We reveal the hidden nature of self-imposed limitations on leadership potential.

Leadership Styles

Leaders are flexible and adaptable, able to employ different leadership styles for different situations. Using the DISC behavioural styles framework we explore the impact of different leadership styles. You receive your own comprehensive DISC report which reveals your primary leadership style including strengths and areas to work on.

Ethics and Values of Public Health

We explore the values of public health. We engage in ethical issues that emerge in public health.

Storytelling

Leadership is in part a performance art. Storytelling is a powerful mechanism for creating trust in you as a leader. You will learn how to create a personal story that communicates who you are.

▶ WORKSHOP TWO – STRATEGIC LEADERSHIP

Seeing the Big Picture

Understanding the determinants of health and how these determinants can be influenced is essential to public health. Workshop Two begins with an inspiring and challenging introduction to some of the key challenges facing public health in Aotearoa New Zealand and globally.

Creating Shared Purpose and Values

Clarity of purpose and values is an important touchstone for making strategic decisions. Effective leaders have a deep understanding of their organisation's purpose and model values. We show you how to develop shared purpose and values, and leave you equipped to undertake this work with your team or organisation.

Creating the Future

Effective leaders are forward-looking – scanning the horizon, setting direction and guiding the thinking about how to reach a new future. We explore how to create a shared vision and bold goals. You will be equipped to use a simple and highly effective strategic planning tool that has been used with some of New Zealand's leading organisations.

Political Savvy

Successful leaders know how to manage government and organisational politics. They take the initiative and they forge consensus. Ultimately, they help others maximize their impact. This session addresses how successful leaders operate ethically behind-the-scenes. You will analyse your own political style, and understand the strategies and tactics used by ethical leaders. You will learn how to navigate political minefields so you can increase your influence in your organisation and in public health.

Influencing

Leaders are influential – using interpersonal savvy to deliver results. In this session we explore how to influence others ethically. You will learn how to create a strategic influencing plan.

▶ WORKSHOP THREE – DELIVERING RESULTS

Leading Change through People

Leaders bring about change – taking people to new places and bringing about new ways of doing things. We explore the dynamics of leading change and what it takes to align people to the change you want to bring about.

Collaborative Working

Great leaders are able to work collaboratively. We explore the challenges and opportunities for working collaboratively in public health. You are equipped with strategies to engage and sustain others in collaborative working relationships.

Creating a High-performance Team

Leaders build high-performance teams. In this session you will discover the five elements that make for a high-performing team and, using a diagnostic tool, you will assess how your team is currently performing against each element. You gain practical strategies for enhancing your team's performance.

Empowering Others

Effective leaders bring out the best in those around them. In this session we explore the nature of motivation and how to customise motivation to suit individuals. We also explore coaching as a key skill for empowering others. We also introduce delegation as a key way of developing others.

Having Courageous Conversations

Leaders sometimes have to tackle challenging conversations. We will explore how to turn challenging conversations into learning conversations.

Leadership Development Plan

In this session you create a plan for your ongoing leadership development.

About the Programme Leaders

Catapult

Catapult has an outstanding reputation for unleashing leadership potential and providing practical leadership tools that make a difference in the workplace. Catapult is accredited by the Leadership Development Centre in leadership development. They are often invited as key note speakers on leadership and organisational performance. To learn more about Catapult, go to www.catapult.co.nz.

Quigley and Watts

Quigley and Watts bring an in-depth understanding of the public health context. Established in 2005, Quigley and Watts work in partnership with communities and other agencies to influence health and wellbeing. To learn more about Quigley and Watts, go to www.quigleyandwatts.co.nz.

Andrea Thompson (Catapult Director) has been a lawyer, management consultant, personal development programme leader, general manager and director. Over the last 15 years Andrea has led programmes to over 15,000 people both nationally and internationally. She is rated as an extraordinarily effective and inspiring programme leader. In addition to her leadership development work, Andrea is engaged by many organisations to help guide and facilitate organisational development and change initiatives.

Carolyn Watts (Quigley and Watts Director) has worked in public health for 15 years as a researcher, public servant, university lecturer, health promotion manager and director. Having worked in government, non-government, academic and clinical roles she has a broad understanding of public health contexts. She is passionate about health promotion and has been asked by many organisations, particularly in primary health care, to develop and deliver tailored health promotion training. Carolyn is an experienced facilitator, having chaired a number of national coalitions and committees in public health.

Liz Riversdale (Catapult Coach) has over 20 years' experience as a professional coach, trainer, lecturer and manager. She has designed and delivered a wide range of training programmes, all based around her passion for people reaching their potential. Liz has been coaching for 12 years and has accrued over 3,000 hours of coaching. This depth of experience allows her to engage with clients easily and support them through change and development in a powerful way.

Elva Phillips (Catapult Coach) began her career as a Registered Nurse. Her final role in the health sector was managing highly specialised medical and nursing teams. Keen to find out what working in the corporate world was like, Elva switched careers to establish a medical recruitment division for a recruitment company. She has also held senior roles in a multinational organisation that specialises in personal effectiveness and efficiency. Elva worked for over 12 years for a multinational training and development company, leading programmes and coaching people throughout New Zealand and Australia. Elva says working with Catapult allows her to pursue her passion for helping people be the best they can be.
