



# Essentials of Leadership and Management

Essentials of Leadership and Management (ELM) provides training and coaching that further develops and sharpens skills among new and emerging public health leaders, resulting in a better and more sustainable work environment.

Below are the topics covered during the **Leadership Accelerator** course for our participants:

## Leading Self

- Leadership behavior and presence
- Managing priorities and time\*
- Self-management, self-care, and building resilience\*

## Leading Others With Empathy

- Interpersonal skills
- Leading peers\*
- Emotional intelligence\*
- Staff performance and coaching

## Leading Others With Inclusivity

- Managing diverse teams\*
- Management styles
- Communication strategies\*
- Building team resilience

## Leading the Organization

- Decision-making\*
- Performance management
- Change management\*

*\*Sessions listed with an asterisk are offered via a live session.*

