

SPARC Leadership Program 2021-22

Bi-monthly Training: Navigation Leadership

• Virtual Conference •
Tuesday, Dec 14th, 2021

Summary of Training:

A great leader can identify their strengths, areas for improvement, and continue to develop confidence when presenting and speaking with policymakers and community members. In our final bi-monthly training convening, we focused on building leadership skills (navigation) on behalf of our communities in California on commercial tobacco control, learning about one's leadership and learning styles, learning how to move policy forward, continuing to build support for each other and sustaining one's leadership.

Learning Styles Inventory:

We used a study created by Kolb (1984) to identify individual learning and problem-solving styles through a 4-stage cycle: Concrete Experiences, Reflective Observations, Abstract Concepts, and Active Experimentation. All participants individually ranked words on the learning styles inventory, then calculated and plotted their scores on a graph to identify their dominant learning style characteristics. This activity teaches us about our individuals' strengths, areas of improvement, similarities, and differences in each other's learning styles, and how to effectively communicate with one another.

Leadership Styles:

In this activity, we broke up into smaller groups and discussed what are qualities make someone a leader and what qualities are required to function as a team to help move policy along. Each group shared different ideas, but all emphasized that every individual is a piece of a larger puzzle (the group) and it is important to understand each other's leadership styles and work together.

Upcoming Event- Digital Storytelling: Attached Flyer!!

We are excited to announce, SPARC fellows can take part in a FREE digital storytelling training/activity, where they get to talk about their experiences in the SPARC Leadership Program along with how tobacco has impacted them or their communities. In the past, we have had fellows talk about how the tobacco industry tactics they saw, how smoking is impacting their community, in particular younger generations, or their personal life stories. You don't need any prior experience with video editing to take part! We have limited seats! If you are interested or have any questions, please email Priya (praman@appealforhealth.org)!

Sustaining Ourselves as Leaders:

In this activity, we used a medicine wheel to describe Body, Mind, Spirit, and Emotions and the importance of having a balance amongst all 4. Each of us reflected on what we do to keep ourselves sustained as leaders and what is one thing we want to focus on more.