

INTENSIVE TRAINING SEMINAR

2024 Art & Science of Health Promotion Conference—A Two-Day Preconference Event



Applied Improvisation: Skills-Based Training for Health Promotion Leaders

INTENSIVE TRAINING SEMINAR INSTRUCTORS



DAYNA GOWAN, MPH

*Speaker, Improviser, Facilitator of Fun
Improvly Speaking*



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**Monday, April 8 and Tuesday, April 9, 2024
9:00 a.m.-5:00 p.m.**

As health promotion professionals, many of us were trained in the core public health competencies—planning, implementing, evaluating, researching, etc. However, curricula often leave out the core human skills of public health and life—resilience, authenticity, vulnerability, flexibility, compassion, etc. These skills are fundamental to fostering equitable environments and programming as we strive for more equitable health promotion at all levels. By practicing professional authenticity and crucial interpersonal skills via improv exercises in an engaging and supportive environment, this intensive training will give you direct knowledge of how to foster health equity in the field of health promotion and in other aspects of your life as well.



**– Intensive Training Seminar –
Two-Day Preconference Event: \$675**

SAVE \$50! Register for the Intensive Training Seminar and the Three-Day Core Conference and receive a \$50 discount off the total.

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To intentionally and holistically work to mitigate systemic health inequities, health promotion professionals must have learning environments where they can be authentic, share their lived experiences and feel safe to have challenging conversations. Our humanity must be present in our work; we can no longer “take the privileged path of least resistance” by avoiding conversations about discrimination in health care because they may be challenging and certainly will be personal because health impacts all of us (Acosta & Ackerman-Barger, 2017). Health promotion professionals must be trained to be able to create space for these vulnerable conversations, particularly because avoiding them or engaging in them with untrained staff often unwittingly replicates the dominant power structures that perpetuate inequities (Muldoon, 2021). When we center authenticity, connectedness and resilience, we enhance belonging and listening to understand—key pillars that foster health equity among health promotion professionals as well as in the communities that we serve and are members of (Todić et al., 2022).

Research highlights the importance of interpersonal skills training and applications for more effective health promotion as well as more engaged, flexible and resilient health promotion professionals (McPhee, 2022). Applied improvisation is a well-suited and deeply experiential methodology for this training that enables individuals to practice these skills in a low-stakes and creative environment before needing to utilize them in high-intensity situations because it is “grounded in a culture of support and feedback” (Fu, 2019). There are built-in opportunities for participants to connect and be vulnerable while making meaningful applications to their work and life.

LEARNING OBJECTIVES

As a result of this Intensive Training Seminar, participants will:

- Be able to explain what a growth mindset looks like to them and give three examples of how they can implement it in their personal and/or professional lives in the week, month and year following the workshop
- Collaborate to create and experience a psychologically safe environment through improv exercises while learning the building blocks of effective communication skills, such as active listening, authenticity and compassion
- Participate in a half-day “project playground” and collectively solve a real challenge or problem from their work; some attendees will take the role of the facilitator and others will support with brainstorming.

We live in an improvisational world that is constantly changing, growing and shifting—Adaptability is key to the thriving of health promotion professionals and the communities we serve and for collectively building more equitable systems that can bend to meet needs as they arise. In this highly experiential workshop, we will play our way to connection and enhanced communication skills. We’ll even have the opportunity to collaboratively work on a challenge or question that participants are encountering in their work to practice putting all these fundamental skills together.

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