

Association of Local Public Health Agencies (alPHa)

Executive Assistant/Administrative Assistant Workshop

Online: February 10, 2026, 2 p.m.-4 p.m.

The Secret to Sustainability

**Speaker: Christy Bloemendal, Director of Operations & Facilitator,
Leaders for Leaders**

This 2-hour workshop reframes sustainability away from “doing less” and towards making intentional choices over time—helping leaders protect their energy, set boundaries, and keep making a difference without burning out. This session will help participants rethink balance and self-care as practical, seasonal, and achievable—so participants can continue to lead well without sacrificing themselves in the process.

Registration: \$149+HST

Please note, only EAs/AAs working at a public health unit can attend.



Christy Bloemendal brings over 15 years of experience in education and leadership development, across classrooms, boardrooms, and university settings. She leads Operations at Leaders for Leaders, where she helps leaders and teams navigate real-world complexity with practical tools that build confidence, courage, and stronger teamwork. Her goal is that people leave her sessions feeling energized and empowered to be better leaders—and better people. When she’s not working, you’ll likely find her hiking in the woods with her young kids or playing tennis with her husband.

This event is co-hosted by alPHa and Waterloo Public Health

alPHa

Association of Local
PUBLIC HEALTH
Agencies



Region of Waterloo

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