

INTRODUCING THE

alPHA | LEADERSHIP SERIES: *Navigating Change*

A four-part online workshop series for local public health leaders navigating today's complex landscape and preparing for tomorrow.



NOVEMBER 3 – 6, 2026

ONLINE

1:00 TO 4:00 P.M.

ALPHA LEADERSHIP SERIES

Public health leadership is changing. New expectations, an evolving landscape and ongoing pressures are challenging leaders to think differently, communicate effectively and lead with confidence. The skills that have served public health leaders well in the past may not be the skills needed to navigate the challenges and opportunities ahead.

The alPHA Leadership Series: Navigating Change brings together four half-day sessions focused on building the practical leadership skills needed to lead through change, inspire and influence others, communicate with confidence, and lead strategically in an evolving public health environment.

LEADERSHIP SERIES LINEUP

FOUR HALF-DAY SESSIONS 1 p.m. to 4 p.m. EST:

November 3:

Yours, Mine & Ours: Leading Together

Fostering Strong Board and Staff Relationships

Meredith Low, Principal, Meredith Low Consulting

November 4:

The Power of Healthy Tension

How to Navigate Complexity and Chronic Leadership Challenges

Claudia Valle, Associate, Leaders for Leaders

November 5:

Leading with Influence: People, Government and Media

Session A: The Leadership Journey: People, Connection and What Really Matters

Dr. Kwame McKenzie, Chief Executive Officer, Wellesley Institute

Pete Bombaci, Founder & CEO, GenWell

Session B: Conducting an Effective Government Meeting:

Building effective relationships with decision-makers

Sabine Matheson, Principal, StrategyCorp

Jim Pine, Principal Consultant, Consultancy & Strategy

Session C: Spokesperson Media Skills:

Practical media training for delivering clear messages and handling tough questions

John Perenack, Principal, StrategyCorp

November 6:

The Role of Public Health Leaders in Quality Improvement

From Championing Change to Accountability for Success with Public Health Ontario (PHO)

Introductory Remarks: Michael Sherar, President and CEO, PHO; Moderator: Dr. Tamara Wallington, Vice President and Chief, Population Health, PHO; Facilitators: Dr. Madelyn Law, Niagara Health, and Dr. Christine Shea, University of Toronto; PHO QI Champions: Na-Koshie Lamptey: Deputy Chief, Medical and Scientific Support, Population Health; Marnie Mackinnon: Director, Quality Improvement & Evaluation and Knowledge Mobilization; and Kaitlynn Almeida: Manager, Quality Improvement

**NOVEMBER 3 – 6, 2026****ONLINE****1:00 TO 4:00 P.M.****TUESDAY, NOVEMBER 3**

**Yours, Mine & Ours: Leading Together-
Fostering Strong Board and Staff Relationships**
Meredith Low, Principal, Meredith Low Consulting

This session explores the complex, dynamic and crucial working relationship between the board and the staff. We will discuss principles and methods for strong working relationships that enable everyone to contribute and thrive in a collegial atmosphere, as well as how to address common challenges that arise. Participants will add to their tools for building trust, working effectively with a wide range of styles and approaches, and addressing difficult situations as they arise.

WEDNESDAY, NOVEMBER 4

The Power of Healthy Tension
Claudia Valle, Associate, Leaders for Leaders

In a world where people like to pick sides, we can mistakenly treat every challenge as if it's a problem to be solved, with a right or wrong answer: Change OR Stability, Structure OR Flexibility, Truth OR Tact. And when team members end up in this kind of tug of war, it feels like, no matter what, someone will lose. Leaders can easily see that there is tension, but leading a team through it is another matter.

In this workshop, participants will:

- Learn a simple framework that helps to stop picking sides and tap into the superpower of "AND" thinking
- Develop the skills to communicate and collaborate effectively with people who hold different perspectives
- Improve decision-making skills when dealing with complex issues

This foundational workshop will help leaders to create a safe, challenging, and productive work environment to deal with chronic issues that are coming up again and again.

**NOVEMBER 3 – 6, 2026****ONLINE****1:00 TO 4:00 P.M.****THURSDAY, NOVEMBER 5****Leading with Influence: People, Government and Media - three interconnected sessions:**

- **Session A: The Leadership Journey: People, Connection and What Really Matters**

Dr. Kwame McKenzie, Chief Executive Officer, Wellesley Institute, and Pete Bombaci, Founder & CEO, GenWell

Pete Bombaci will be in conversation with Dr. Kwame McKenzie, exploring leadership, health equity, mental health and the powerful role that social connection plays in building healthier, more connected communities. Drawing on their own experiences and perspectives, they will explore what effective leadership looks like today and why connection matters to both leaders and the people they serve.

- **Session B: Conducting an Effective Government Meeting - Building effective relationships with decision-makers**

Sabine Matheson, Principal, StrategyCorp, and Jim Pine, Principal Consultant, Consultancy & Strategy

This practical session will help leaders understand how to approach decision-makers, frame their priorities effectively, and build relationships that can advance public health priorities in a changing government environment.

- **Session C: Spokesperson Media Skills - Practical media training for delivering clear messages and handling tough questions**

John Perenack, Principal, StrategyCorp

This hands-on session will help leaders sharpen their key messages, stay on track under pressure, and respond confidently and effectively when faced with challenging media questions.

FRIDAY, NOVEMBER 6

The Role of Public Health Leaders in Quality Improvement: From Championing Change to Accountability for Success with Public Health Ontario (PHO)

Introductory Remarks: Michael Sherar, President and CEO, PHO; Moderator: Dr. Tamara Wallington, Vice President and Chief, Population Health, PHO; Facilitators: Dr. Madelyn Law, Niagara Health, and Dr. Christine Shea, University of Toronto; PHO QI Champions: Na-Koshie Lamptey: Deputy Chief, Medical and Scientific Support, Population Health; Marnie Mackinnon: Director, Quality Improvement & Evaluation and Knowledge Mobilization; and Kaitlynn Almeida: Manager, Quality Improvement

Successful quality improvement (QI) initiatives require more than tools and methods; they require committed leadership. Designed for Ontario public health unit leadership, this session will explore how public health leaders can champion change while maintaining accountability for achieving measurable results. Through discussion and real-world examples, participants will reflect on their role in setting the vision for improvement, removing barriers, and ensuring QI efforts translate into meaningful outcomes for their organization and the communities they serve.



REGISTRATION IS NOW OPEN HERE!

One registration covers all of the sessions: \$399 for alPHA Members and \$199.50 for COMOH Section Emeritus members and PHPMRs.

Individuals attending the Leadership Series must register separately, as registration cannot be shared between participants. This approach ensures that registration is fair and consistent for all participants and allows us to appropriately manage access to the sessions and associated materials.

Participants do not need to attend all sessions, but are encouraged to do so.

For further information please visit the alPHA website: www.alphaweb.org

This event is co-hosted by alPHA and Peel Public Health

alPHA

Association of Local
PUBLIC HEALTH
Agencies

Peel Region

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