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PROFESSIONAL SUMMARY

EDUCATION

University of North Carolina

Dr.P.H. (2000-2003)—Departments of Public Health Leadership and Health Policy and Administration

Dissertation: How do chief medical officers exercise leadership, an exploration of leaderships required for success in US health systems. Program focus: leadership, organizational effectiveness, systems theory.

Boston University

M.S. (1986-1988)—Clinical Nutrition, Sargent College of Health Sciences

Dual Thesis: The hormonal response to enteral and parenteral alimentation; and The Glycemic Index.

Miami University

B.S. (1982-1986)—Dietetics, College of Home Economics

NON-DEGREE PROFESSIONAL TRAINING

University of North Carolina at Chapel Hill

Continuing graduate education in psychology (1994-1995)—Curriculum emphasis: Clinical Psychology (GPA 4.0)

Institute for Health Psychology, Durham, North Carolina/San Diego, California

Hypnotherapy for the Medically Ill (1994) Completed 40-hour training program under the direction of Dr. James Spira

The Institute of Behavioral Medicine, New England Deaconess Hospital, Boston, Massachusetts (1990)—Trained in the use of The Relaxation Response and behavioral treatment techniques under the direction of Dr. Herb Benson.

Harvard University Extension School, Cambridge, MA,
Continuing graduate education in psychology (1988-1991)
Curriculum emphasis: Human Motivation and Eating Disorders (GPA 3.93)

LEADERSHIP ASSESSMENT INSTRUMENT & SIMULATION CERTIFICATIONS

Myers Briggs Type Indicator, Step I and Step II, Consulting Psychologists Press, Inc.
The Change Style Indicator, Discovery Learning, Inc.
The Bar~On Emotional Intelligence Quotient, Multi Health Systems, Inc.
The EQ 2.0, Multi Health Systems, Inc.
Fundamental Interpersonal Relationship Orientation-Behavior (FIRO-B), Consulting Psychologists Press, Inc.
Element B: A FIRO based instrument, HPS Inc.
The Paper Planes Simulation, Discovery Learning, Inc.
The Decision Style Profile, Discovery Learning, Inc.
The California Psychological Inventory 260 (CPI 260), Consulting Psychologists Press, Inc.
The Dennison Organizational Culture Survey, Discovery Learning, Inc.
The Discovery Learning Leadership 360 (business and public health), Discovery Learning, Inc.
The Acquisition, Discovery Learning, Inc.
Influence Style Indicator, Discovery Learning, Inc.
The Exchange, Discovery Learning, Inc.
FourSight assessment, FourSight Inc.
IDI: Intercultural Development Inventory
ICI: Intercultural Conflict Inventory
Managing Difficult Conversations Simulation Workshop, FastTrack Leadership, Inc.
The Orange Factory, FastTrack Leadership, Inc.
The Thomas-Kilman Conflict Instrument, Consulting Psychologists Press, Inc.
The Paper Scrapers Simulation, Discovery Learning, Inc.

PROFESSIONAL EXPERIENCE

2015-present	Co-PI, Co-Director, Clinical Scholars National Leadership Program , sponsored by the Robert Wood Johnson Foundation. Design intervention, co-create curricula for residential and distance components of 3-year executive education style leadership and health equity training fellowship targeted to clinical health care providers in the US.
2/15/15—present	Adjunct Assistant Professor , The Department of Agricultural & Extension Education, North Carolina State University, Raleigh, NC.
10/15/11-present	Faculty, FastTrack Leadership Inc. A closely held consulting corporation; <i>WeTrainLeaders.com</i> . This organization provides leadership development and coaching services to private sector and academic organizations.

- 3/15/17- present **Clinical Associate Professor**, The Department of Maternal and Child Health, Gillings School of Global Public Health, The University of North Carolina at Chapel Hill, Chapel Hill, NC.
- 5/1/09-3/15/17 **Clinical Assistant Professor**, The Department of Maternal and Child Health, Gillings School of Global Public Health, The University of North Carolina at Chapel Hill, Chapel Hill, NC.
- 2007-4/30/09 **Research Assistant Professor**, The Department of Maternal and Child Health, Gillings School of Public Global Public Health, The University of North Carolina at Chapel Hill, Chapel Hill, NC.
- 2005-present **Director, Leadership Core**, The Food Systems Leadership Institute (FSLI), Office of the President—UNC Systems, NC State University, University of North Carolina at Chapel Hill. Developed curricula for residential and distance components of fellowship targeted to University Administration (Dean, Head, & VP level) of US Schools of Agriculture, Industry and Government leaders. Serve as individual leadership coach to Fellows, serve as faculty in onsite and distance learning program. Sponsored by the WK Kellogg Foundation and the (formerly) National Association of State Universities and Land Grant Colleges (NASULGC), now the Association of Public and Land Grant Universities (APLU).
- 2005-present **Director, American College of Obstetricians and Gynecologists Leadership Institute**. Direct program, developed curricula for fellowship targeted to district leaders in ACOG, and serve as program faculty. Partnered with ACOG, UNC Health Systems, and Department of Maternal & Child Health, University of North Carolina at Chapel Hill, Chapel Hill, NC.
- 2005-2007 **Director, New Business Development**. Office of Executive Education, the North Carolina Institute for Public Health. Focus on health care clients for organizational development, culture change, and leadership programs. Consulting engagements included organizational culture initiatives in health systems, developing leaderships program for high-potentials, team-building programs for healthcare and public health groups.
- 2004-2005 **Director Southeast Public Health Leadership Institute (SEPHLI)**. NC Institute for Public Health, UNC-CH. Directed fellowship and taught in onsite and distance program for 5-state consortium (TN, SC, NC, WV, VA). Co-sponsored by the CDC.
- 2003-present **Executive Coach**. Provide in-person and phone based sessions for senior leaders. Typical topics include career management, creating organizational culture, leading and managing a team, managing difficult conversations, communication issues, understanding instrument feedback, etc.
- 2003-2005 **Director, Kellogg Fellowship for Emerging Leaders in Public Health**, Distance Education.
- 2003-2005 **Evaluation Specialist**, NC Institute for Public Health, UNC-CH.

- 2002-2004 **Director of Certificate Programs**, NC Institute for Public Health. Also serving as the Educational Media Evaluation Specialist and a Business Plan Advisor (Management Academy for Public Health). The University of North Carolina at Chapel Hill, Chapel Hill, NC.
- 2001-2004 **Coach and Business Plan Advisor**, National Public Health Leadership Institute, NC Institute for Public Health, UNC-CH. Action Learning Leadership Coach (2001); Management Academy for Public Health—Business Plan Advisor (2001-2004).
- 2001-2003 **Evaluator, A Su Salud!** Interactive web-based Medical Spanish for healthcare providers, The University of North Carolina at Chapel Hill, Chapel Hill, NC.
- 2001-2002 **Strategic planner/consultant, NC Institute for Public Health**, The University of North Carolina at Chapel Hill, Chapel Hill, NC. Conducted the UNC-SPH strategic planning for distance education that resulted in the launch of the Field Epidemiology Certificate, presented the results to the Distance Education committee and the Dean's office.
- 2001-2002 **Partner, Plaisted, Short, & Pavlica Consulting, LLC**. Health care consulting firm, Chapel Hill, NC.
- 2000-2007 **Distance Education Specialist**, North Carolina Institute for Public Health, The University of North Carolina at Chapel Hill, Chapel Hill, NC. Position involved serving in several capacities which are detailed below, including Director of New Business Development, leadership institute directorships of several programs (see below), and running the Core Concepts Certificate Program (see below), among others.
- 2000-2001 **Clinical Assistant Professor**, Content Specialist, Nutrition In Medicine®/ Medical Nutrition Curriculum Initiative, The University of North Carolina at Chapel Hill, Chapel Hill, NC.
- 1997-2000 **Clinical Assistant Professor, Director**, Nutrition In Medicine®/ Medical Nutrition Curriculum Initiative, Department of Nutrition, The University of North Carolina at Chapel Hill, Chapel Hill, NC.
- 1992-1997 **Clinical Research Analyst, Nutrition Therapist**, Sarah W. Stedman Center for Nutritional Studies, Duke Center for Living, Duke University Medical Center, Durham, NC.
- 1991-1992 **Owner and President**, Nutra Visions, Nutrition Care, Research and Marketing Consultation Services, Columbus, Ohio.
- 1989-1991 **Director of Education, Research Associate**, Center for the Study of Nutritional Medicine, New England Deaconess Hospital, affiliated with Harvard Medical School, Boston, Massachusetts.

1987-1989

Research Assistant, Nutrition Counselor, Nutrition Coordinating Center, New England Deaconess Hospital, Boston, Massachusetts.

HONORS AND AWARDS

Leadership Excellence Awards. The ACOG Robert C. Cefalo National Leadership Institute named 8th in the US for Open Enrollment Continuing Education with an Emphasis in Leadership and Organizational Development. February 2017. Published in Leadership Excellence Essentials, HR.Com Volume 34, No 2. 02.2017.

Leadership Excellence Awards. The Food Systems Leadership Institute named 2nd in the US for Open Enrollment Continuing Education with an Emphasis in Leadership, in partnership with NC State University, February 2016.

Leadership Excellence Awards. The Food Systems Leadership Institute named 3rd in the US for Custom Content Programming in Continuing Education with an Emphasis in Leadership and Organizational Development, in partnership with NC State University, February 2016.

High Demand Book Chapter: work downloaded from *InTech* more than 9000 times (as of 9.1.2016) with 1000 downloads from November 2015-September 2016 alone.

The Maternal and Child Health Public Health Leadership Institute selected by AMCHP as a “Top 8” program nationally and featured via video documentary at the 2015 AMCHP January meeting, Washington, DC. Video accessible at: <https://mchphli.org/index.php?page=home>, January 2015.

Leadership 500 Awards.

The Maternal and Child Health Public Health Leadership Institute named 11th best in the country for leadership programs hosted at an educational institution, March 2015.

http://www.hr.com/en/magazines/leadership_excellence_essentials/april_2015_leadership/winners-of-leadership-500-excellence-awards-2015_i7yk9z8g.html#sthash.ckqPA38S.dpuf.

Also noted in a Gillings article: <https://sph.unc.edu/sph-news/gillings-public-health-leadership-institute-named-a-top-15-educational-program/>.

Keynote Address: National Extension Directors Association (NEDA), Presentation title: Characteristics of Innovation Leadership: Thinking with an Innovative Mind in a disconnected, siloed, non-communicating world, October 13, 2015.

Fernandez CSP, Peterson HB, Holmström SW, Connolly AM. Developing emotional intelligence for health care leaders. In: Di Fabio A, editor. Emotional intelligence – new perspectives and applications. InTech; 2012. p. 239-60. ISBN: 978-953-307-838-0. Available from: <http://www.intechopen.com/articles/show/title/developing-emotional-intelligence-for-healthcare-leaders>, 2011.

Keynote Address: The University of Iowa School of Medicine: Civic Engagement: The Tool Set Technical Training Doesn't Cover. Contact persons: Helen Damon-Moore (helen-damon-moore@uiowa.edu) and Linda Snetselaar, PhD. (linda-snetselaar@uiowa.edu) May 2, 2007.

Winner National Educational Media Network Silver Apple Award 1999: Plaisted CS, Kohlmeier M, Cooksey KA, Adams K, Harp J, Zeisel SH (ed). Diabetes and weight management: aberrations in glucose management. Nutrition in medicine® series v. 2.0, 3.0. The University of North Carolina at Chapel Hill, Chapel Hill, NC, 1998. 2000.

Junior Faculty Development Award, University of North Carolina at Chapel Hill, Chapel Hill, NC, 1999-2000.

Nominated for the Sports, Cardiovascular, and Wellness Nutritionists (SCAN), Excellence in Practice Award, SCAN is the largest practice group of the American Dietetic Association, 1999.

“Recognition of Excellence” Certification given to the following papers presented at the 6th International Congress on Obesity, Kobe, Japan:

- Plaisted CS, Blackburn GL, Bistran BR, Istfan NW. Effect of Weight Loss on Insulin Action in Weight Sensitive and Weight Insensitive Obese Hypertensive Patients. *Int J Obes* 1990;(Suppl 2):44.
- Plaisted CS, Landsberg L, Young J, Blackburn GL, Bistran BR, Istfan NW. Insulin Resistance and Urinary Catecholamine Excretion in Obese Hypertensive Patients Undergoing Weight Loss. *Int J Obes* 1990;(Suppl 2):77.

MEMBERSHIPS

Academy of Nutrition and Dietetics	2012-present
Association of Maternal and Child Health Programs	2011-present
American Public Health Association	2000-2007
North Carolina Dietetic Association	1992-present
American Dietetic Association	1986-2011
Licensed to practice nutrition in the state of North Carolina: Professional License #L000972	

BIBLIOGRAPHY AND PRODUCTS OF SCHOLARSHIP

Books

1. **Fernandez C, Fernandez R.** It-Factor Leadership: Become A Better Leader in 13 Steps. Chapel Hill, NC: FastTrack Leadership; 2014. (371 pages).
2. Feinglos M, **Plaisted CS.** Eating well, living well with diabetes. New York: Viking Press; 1997. (176 pages).

Book Chapters

1. **Fernandez CSP, Adams K, Kohlmeier M.** Vegetarian diets in health promotion and disease prevention In: Berdanier CD, Dwyer JT, Heber D, editors. Handbook of Nutrition and Food, 3rd ed. Boca Raton, FL: CRC Press; July 22, 2013. p. 403-34.

2. **Fernandez CSP**, Steffen D. Leadership for public health. In: Shi L, Johnson, JS, editors. Novick and Morrow's Public health administration: Principles for Population Based Management. 3rd ed. Sudbury, MA: Jones and Bartlett Publishers; July 15, 2013. p. 241-65.
3. **Fernandez CSP**, Peterson HB, Holmström SW, Connolly AM. Developing emotional intelligence for health care leaders. In: Di Fabio A, editor. Emotional intelligence – new perspectives and applications. InTech; 2012. p. 239-60. ISBN: 978-953-307-838-0. Available from: <http://www.intechopen.com/articles/show/title/developing-emotional-intelligence-for-healthcare-leaders>, 2011. This chapter was downloaded 8000 times worldwide by 11/23/15.
4. **Fernandez CSP**. The behavioral event interview: Avoiding interviewing pitfalls when hiring. In: Baker EL, Menkens AJ, Porter JE, authors. Managing the public health enterprise. Sudbury, MA: Jones and Bartlett Publishers; 2010. p. 23-9.
5. **Fernandez CSP**. Employee engagement. In: Baker EL, Menkens AJ, Porter JE, authors. Managing the public health enterprise. Sudbury, MA: Jones and Bartlett Publishers; 2010. p. 31-5.
6. **Fernandez CSP**. The power of positive personal regard. In: Baker EL, Menkens AJ, Porter JE, authors. Managing the public health enterprise. Sudbury, MA: Jones and Bartlett Publishers; 2010. p. 45-9.
7. **Fernandez CSP**. Emotional intelligence in the workplace. In: Baker EL, Menkens AJ, Porter JE, authors. Managing the public health enterprise. Sudbury, MA: Jones and Bartlett Publishers; 2010. p. 65-70.
8. **Fernandez CSP**. Creating thought diversity: The antidote to *groupthink*. In: Baker EL, Menkens AJ, Porter JE, authors. Managing the public health enterprise. Sudbury, MA: Jones and Bartlett Publishers; 2010. p. 71-4.
9. **Fernandez CSP**. Managing the difficult conversation. In: Baker EL, Menkens AJ, Porter JE, authors. Managing the public health enterprise. Sudbury, MA: Jones and Bartlett Publishers; 2010. p. 146-9.
10. Roberson T, **Fernandez CSP**, Porter JE. Leadership for public health. In: Novick L, editor. Public health administration: principles for population based management. 2nd ed. Sudbury, MA: Jones and Bartlett Publishers; 2008. p. 281-96.
11. **Fernandez CSP**, Adams KM. Vegetarian diets in health promotion and disease prevention. In: Berdanier CD, Dwyer J, Feldman E, editors. Handbook of nutrition and food. 2nd ed. Boca Raton, FL: CRC Press; 2007. p. 801-29.
12. **Fernandez CSP**, Adams KM. Introduction to nutrition. In: Bryant CX, Green DJ, Ekeroth CJ, editors. ACE group fitness instructor's manual: a guide for fitness professionals. San Diego, CA: American Council on Exercise; 2007. p. 110-40.
13. **Fernandez CSP**, Adams KM. Vegetarian diets in health promotion and disease prevention. In: Berdanier CD, editor. Handbook of nutrition and food. Boca Raton, FL: CRC Press; 2002. p. 801-32.

14. **Plaisted C**, Rubin E, Griver K. I can smell food and gain weight. What is a diabetic diet and intuitive eating? In: Edelman SV, editor. Taking control of your diabetes. Caddo, OK: Professional Communications Inc.; 2000. p. 120-47.
15. **Plaisted CS**. Nutrition basics. Group fitness instructor's manual: ACE's resource for fitness professionals. San Diego, CA: American Council on Exercise; 2000. p. 97-126.
16. **Plaisted CS**, Zeisel SH. Incorporating preventive nutrition into medical school curricula. In: Bendich A, Deckelbaum RJ, editors. Primary and secondary preventative nutrition. Totoway, NJ: The Human Press Inc.; 2000. p. 413-25.
17. Kosich D, **Plaisted CS**, Molloy M, Stelfefon E. Program planning and implementation. In: Cotton RT, Ekeroth CJ, editors. The lifestyle and weight management consultant manual. San Diego, CA: The American Council on Exercise, Inc; 1996. p. 213-47.
18. **Plaisted CS**, Istfan NW. Metabolic abnormalities of obesity. In: Kanders BS, Blackburn GL, editors. Obesity: Pathophysiology and psychology. New York, NY: Chapman and Hall; 1994. p. 80-97.

REFEREED ARTICLES

1. **Fernandez CSP**, Noble CC. (*under review*). Differences in learning between physicians engaged in intensive leadership development and a control group: The experience of the ACOG National Leadership Institute. J Leadership 2017.
2. Rosenberg A, Zuver D, Kermon S, **Fernandez C**, Margolis L. (*under review*). Reflections on the contributions of self-advocates to an Interdisciplinary Leadership Development Program for Graduate Students in Health Affairs, Medical Teacher 2016. (Approximately 19 pages.)
3. **Fernandez CSP**, Noble C, Jensen E. An examination of the self-directed online leadership learning choices of public health professionals: The MCH PHLI experience. December 2016. J Public Health Manag Pract. Journal of public health management and practice: JPHMP · DOI: 10.1097/PHH.0000000000000463
4. **Fernandez CSP**, Noble CC, Jensen ET, Martin L, Stewart M. A retrospective study of academic leadership skill development, retention and use: The experience of the Food Systems Leadership Institute. J Leadership Education 2016;15(2 Research), 150-71 DOI: 1012806/V15/I2/R4.
5. Fernandez CSP, Noble CC, Jensen ET, Chapin J. Improving leadership skills in physicians: A six month retrospective study. J Leadership Studies 2016;9(4):6-19. DOI:10.1002/jls.21420.
6. **Fernandez CSP**. The Elusive “Holy Grail” of Organizational Culture and the Power of Like. J Public Health Manag Pract 2015;21(4):406–9.
7. **Fernandez CSP**, Roberts DE. Strengthening Negotiation Skills Part I: How to use facets of knowledge to create influence for public health leaders. J Public Health Manag Pract 2015;21:(2):214–6.

8. **Fernandez CSP**, Roberts DE. Strengthening Negotiation Skills Part II: Moving beyond sheer knowledge with four additional key strategies to create influence for public health leaders. *J Public Health Manag Pract* 2015;21(3):304–7.
9. **Plaisted CSP**, Kavanagh L, Walker DK. Letter from the Editors, Introduction to the Special Issue on Leadership Development for the MCH Workforce. *Matern Child Health J* 2015;19(2):227-28. DOI: 10.1007/s10995-014-1660-3 (December 26th, 2014).
10. **Fernandez CSP**, Noble CC, Jensen E, Steffen D. (2014). Moving the Needle: A retrospective pre- and post-analysis of improving perceived abilities across 20 leadership skills, *Matern Child Health J* 2014;19(2):343-52. SpringerLink: DOI: <http://link.springer.com/article/10.1007/s10995-014-1573-1> ; accessed August 4, 2014.
11. **Fernandez CP**. Leading in the gray zone: The story of Simone James. *J Public Health Manag Pract* 2008;14(5):499-501.
12. **Fernandez CP**. Managing the difficult conversation. *J Public Health Manag Pract* 2008;14(3):317-9.
13. **Fernandez CP**. Creating thought diversity: the antidote to *groupthink*. *J Public Health Manag Pract* 2007;13(6):670-1.
14. **Fernandez CP**. Employee engagement. *J Public Health Manag Pract* 2007;13(5):524-6.
15. **Fernandez CSP**. The power of positive personal regard. *J Public Health Manag Pract* 2007;13(3):321-3.
16. **Fernandez CSP**. Emotional intelligence in the workplace. *J Public Health Manag Pract* 2007;13(1):80-2.
17. **Fernandez CSP**. The behavioral event interview: Avoiding interviewing pitfalls when hiring. *J Public Health Manag Pract* 2006;12(6):586-9.
18. Davis MV, **Plaisted Fernandez C**, Porter J, McMullin K. UNC certificate program in core public health concepts: Lessons learned. *J Public Health Manag Pract* 2006;12(3):288-95.
19. Eppich S, **Fernandez CSP**. Study finds Chapel Hill, North Carolina soup kitchen serves nutritious meals. *J Am Diet Assoc.* 2004;104(8):1284-6.
20. Pao-Hwa L, Proschan MA, Bray GA, **Fernandez CP**, Hoben K, Most-Windhauser M, Karanja N, Obarzanek E. Estimation of energy requirements in a controlled feeding trial. *Am J Clin Nutr* 2003;77:639-45.
21. Buchowski MS, **Plaisted C**, Fort J, Zeisel SH. Computer assisted teaching on nutritional anemias and diabetes to first-year medical students. *Am J Clin Nutr* 2002;75(1):154-61.
22. **Plaisted CS**, Kohlmeier M, Cooksey K, Zeisel SH. The development of “Nutrition in Medicine” interactive CD-ROM programs for medical nutrition education. *J Cancer Educ* 2000;15:140-43.
23. Cooksey K, Kohlmeier M, **Plaisted C**, Adams K, Zeisel S. Getting nutrition education into medical schools: A computer-based approach. *Am J Clin Nutr* 2000;72(suppl):868S-876S.

24. **Plaisted CS**, Lin PH, Ard J, McClure M, Svetkey LP. The effects of dietary patterns on quality of life: A substudy of the Dietary Approaches to Stop Hypertension (DASH) Trial. *J Am Diet Assoc* 1999;99(suppl):S84-89.
25. Windhauser MM, Evans M, McCullough M, Swain J, Lin PH, Hoben K, **Plaisted CS**, Karanja NM, Vollmer WM. Dietary adherence in the DASH multicenter controlled feeding trial. *J Am Diet Assoc* 1999;99(suppl):S76-83.
26. Lin PH, Windhauser M, **Plaisted CS**, Hoben KP, McCullough M, Obarzanek E. The linear index model for establishing nutrient goals in the Dietary Approaches to Stop Hypertension trial. DASH Collaborative Research Group. *J Am Diet Assoc* 1999;99(8 Suppl):S40-4.
27. Surwit R, Feinglos M, Drezner M, McCaskill C, Clay S, Babyak MA, Brownlow BS, **Plaisted C**, Lin PH. Metabolic and behavioral affects of a high sucrose diet during weight loss. *Am J Clin Nutr* 1997;65:908-15.
28. DiSilvestro RA, Bales CW, Joung H, Joseph E, Currie K, **Plaisted CS**, Galanos AN, Lin PH. Effects of moderate zinc depletion and repletion on zinc R values in healthy elderly subjects. *Med Sci Res* 1995;23:37.
29. **Plaisted CS**, Galanos AN, Westlund R, Lin PH, Currie K, Bales C. Community dwelling elderly are appropriate subjects for intensive dietary choice restriction studies. *J Nutr Elder* 1995;14(4):1-14.
30. Bales C, DiSilvestro R, Currie K, **Plaisted CS**, Joung H, Galanos AN, Lin PH. Marginal zinc deficiency in older adults: Responsiveness of zinc status indicators. *J Am Coll Nutr* 1994;5:455-62.
31. Istfan NW, **Plaisted CS**, Bistrian BR, Blackburn GL. Insulin resistance versus insulin secretion in the hypertension of obesity. *Hypertension* 1992;19:385-92.

**REFEREED DIGITAL AND OTHER NOVEL FORMS OF SCHOLARSHIP
(WITH RELEVANT ELECTRONIC LINKS DISPLAYED)**

Nutrition In Medicine® Series Interactive CD ROMs

1. Cooksey K, Kohlmeier M, Adams K, **Plaisted C**. In: Zeisel S, editor. Nutrition for the second half of life. Nutrition in medicine® series v. 3.5. Chapel Hill: The University of North Carolina at Chapel Hill, 2002.
2. **Plaisted CS**, Kohlmeier M, Cooksey KA, Adams K, Harp J. In: Zeisel S, editor. Diabetes and weight management: aberrations in glucose management. Nutrition in medicine® series v. 2.0, 3.0. Chapel Hill: The University of North Carolina at Chapel Hill, 1998, 2000. ***(Winner National Educational Media Network Silver Apple Award 1999)*.
3. Cooksey K, Kohlmeier M, **Plaisted C**. In: Zeisel S, editor. Nutrition and growth. Nutrition in medicine® series v. 3.5. Chapel Hill: The University of North Carolina at Chapel Hill, 2000.
4. **Plaisted CS**, Kohlmeier M, Cooksey KA. In: Zeisel S, editor. Maternal and infant nutrition. Nutrition in medicine® series v. 2.5. Chapel Hill: The University of North Carolina at Chapel Hill, 1999.

5. Kohlmeier M, Cooksey KA, Laswell A, **Plaisted CS**. In: Zeisel S, editor. Diet, obesity, and cardiovascular disease. Nutrition in medicine® series v. 3.0. Chapel Hill: The University of North Carolina at Chapel Hill, 1998.

LEADERSHIP AND MANAGEMENT DIGITAL MEDIA (UNC BASED):

1. **Fernandez CSP**, Steffen DP. (2012). Adaptive Leadership. Online at: http://media.sph.unc.edu/adobe/mhch790/adaptive_leadership/.
2. **Fernandez CSP**. (2012). Creating Innovative Cultures*. Online at: http://media.sph.unc.edu/adobe/mhch790/creating_innovation_culture/.
3. **Fernandez CSP**. (2012). Peer Coaching* Online at: http://media.sph.unc.edu/adobe/mhch790/peer_coaching/.
4. **Fernandez CSP**, Steffen DP. (2012). Building a Learning Organization. Online at: http://media.sph.unc.edu/adobe/mhch790/building_a_learning_organization/viewer.swf.
5. **Fernandez CSP**. (2011). Leadership Theory. Online at: http://media.sph.unc.edu/adobe/mhch790/leadership_theory/viewer.swf.
6. **Fernandez CSP**, Dickerson V. (2011). Effective Communication and Advocacy Strategies. Online at: http://media.sph.unc.edu/adobe/mhch790/effective_advocacy_and_communication/viewer.swf.
7. **Fernandez CSP**. (2011). Mentoring, Coaching, and Peer Coaching. Online at: http://media.sph.unc.edu/adobe/mhch790/mentoring_and_coaching/viewer.swf.
8. **Fernandez CSP**. (2011). Managing Difficult Conversations: Strategies and Tools to Influence others in High Tension Situations, online at: http://media.sph.unc.edu/adobe/mhch790/managing_difficult_conversations/viewer.swf.
9. **Fernandez CSP**. (2011). Maximizing Leadership Success while Avoiding Derailment. Online at: http://media.sph.unc.edu/adobe/mhch790/maximizing_leadership_success_while_avoiding_derailment/viewer.swf.
10. **Fernandez CSP**. (2010). The Power of Positive Personal Regard. Online at: http://media.sph.unc.edu/adobe/mhch790/power_of_positive_personal_regard/viewer.swf.
11. **Fernandez CSP**. (2010). Group Think and How to Create Thought Diversity in Organizations http://media.sph.unc.edu/adobe/mhch790/group_think_and_thought_diversity/viewer.swf.
12. **Fernandez CSP**. (2010). Emotional Intelligence in the Workplace. Online at: http://media.sph.unc.edu/adobe/mhch790/emotional_intelligence_in_the_workplace/viewer.swf.
13. **Fernandez CSP**. (2010). Employee Engagement. Online at: http://media.sph.unc.edu/adobe/mhch790/employee_engagement/viewer.swf.
14. **Fernandez CSP**. (2010). Developing Others: A 10-step plan for team development. Online at: http://media.sph.unc.edu/adobe/mhch790/developing_others/viewer.swf.

15. **Fernandez CSP.** (2010). The Behavioral Event Interview, online at:
http://media.sph.unc.edu/adobe/mhch790/behavioral_event_interview/viewer.swf.

The above online training modules have been used in several UNC-based degree and non-degree granting programs, including the graduate Certificate in MCH Leadership (MCH Ole), and in MCH 790 and PUBH 790 (Fundamentals of Leadership). These programs have been included as part of the MCH Leadership Consortium (an interdisciplinary MCH leadership training program for pre-clinical students) from 2010-present. Other non-credit bearing educational uses at the post-professional training level included the national Maternal and Child Health-Public Health Leadership Institute. Average evaluation feedback ratings from users: 4.56 out of 5 based on more than 7000 data points (publication in press).

LEADERSHIP AND MANAGEMENT DIGITAL MEDIA (PRIVATE SECTOR):

1. Fernandez RT, **Fernandez CSP.** (in press, 2016). Strategies for Getting Your Message Across www.wetrainleaders.com/library.
2. **Fernandez CSP,** Steffen DP, Fernandez RT. (in press, 2016). Strategies for Building a Learning Organization. www.wetrainleaders.com/library
3. **Fernandez CSP,** Roberts D, Fernandez RT. (2016). Enhancing Negotiation Skills: 5 Tools to Build Influence www.wetrainleaders.com/library.
4. Fernandez RT, **Fernandez CSP.** (2015). GroupThink Leads to Disaster: saving yourself from derailment by creating thought diversity on your team. www.wetrainleaders.com/library.
5. Brandert K, **Fernandez CSP,** Fernandez RT. (2014). Critical Thinking for Business Leaders: Tips, Tools and Tricks to Improve your Skills (2014) www.wetrainleaders.com/library.
6. **Fernandez CSP,** Fernandez RT. (2013). Emotional Intelligence: Why EQ is Critical to Your Success. www.wetrainleaders.com/library.
7. Fernandez RT, **Fernandez CSP.** (2013). Growing your EQ: Strategies for Promoting your Emotional Intelligence. www.wetrainleaders.com/library.
8. **Fernandez CSP,** Fernandez RT. (2013).The Powerful Apology: Seven Factors to Consider in making it right when mending relationships. www.wetrainleaders.com/library.
9. **Fernandez CSP,** Fernandez RT. (2013). Build your Bench: 11 Strategies to building a Great Team (2012) www.wetrainleaders.com/library.
10. Fernandez RT, **Fernandez CSP.** (2013). Communication Strategies for High Stress and Crisis Situations. www.wetrainleaders.com/library.
11. **Fernandez CSP,** Fernandez RT, Owen M. (2013). Managing Difficult Conversations: Part I— Understanding the Dynamics behind High Tension Situations and Difficult Conversations. www.wetrainleaders.com/library.
12. Fernandez RT, **Fernandez CSP,** Owen M. (2013). Managing Difficult Conversations: Part II— Strategies and Tools to Influence others in High Tension Situations. www.wetrainleaders.com/library.

13. **Fernandez CSP**, Fernandez RT (2013). Perfect Persuasion: How S.P.I.N. Selling Can Help You Sell Your Ideas. www.wetrainleaders.com/library.
14. Suarez V, Steffen DP, **Fernandez CSP**, Fernandez RT. (2013). Cultural Competence: Understanding how diverse groups function. www.wetrainleaders.com/library.
15. Fernandez RT, **Fernandez CSP**. (2013). Finding the Keys to Creative Innovation on Your Team. www.wetrainleaders.com/library.
16. **Fernandez CSP**, Suarez V, Fernandez RT, Steffen DP. (2013). Cultural Competence: Why global teams fail and what you can do about it. (2013) www.wetrainleaders.com/library.
17. **Fernandez CSP**, Fernandez RT. (2012). Peer Coaching: no cost strategies to promote employee development and strengthen internal peer networks. www.wetrainleaders.com/library.
18. **Fernandez CSP**, Fernandez RT. (2012). Mastering the Behavioral Event Interview: Interview Smart, Hire Smart. www.wetrainleaders.com/library.
19. **Fernandez CSP**, Fernandez RT. (2012). Leadership Success & Derailment. www.wetrainleaders.com/library.
20. **Fernandez CSP**, Steffen DP, Fernandez RT. (2012). Adaptive Leadership: An Essential Tool for 21st Century Leaders—a path to leading others through complex decisions and challenges to success and collaborative outcomes. www.wetrainleaders.com/library.
21. Fernandez RT, **Fernandez CSP**. (2012). Turning Mission Critical Into Mission Accomplished: the essentials of employee engagement. www.wetrainleaders.com/library.

The above programs are currently used in several national and regional leadership training institutes and by multiple university faculty development programs, including medical school faculty programs.

ENGAGED TEACHING ACTIVITIES: NATIONAL LEADERSHIP DEVELOPMENT PROGRAMS, UNIVERSITY, AND PROFESSIONAL DEVELOPMENT PROGRAMS

PRESENTATIONS IN PRE-PROFESSIONAL GRADUATE TRAINING PROGRAMS: THE UNC MCH LEADERSHIP CONSORTIUM

1. **Fernandez CS**. 2016-2017 Program: 2-day intensive. The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, The Power of Values; Big Data and Employees: How to Use the Behavioral Event Interview to Build the Team, Resilience and Staying Alive in Leadership. Chapel Hill, NC. August 31-September 1, 2016.
2. **Fernandez CS**. Tools for Managing Difficult Conversations. Chapel Hill, NC. March 2, 2016.
3. **Fernandez CS**. Understanding the Fundamental of Peer Coaching. Chapel Hill, NC. October 7, 2015.
4. **Fernandez CS**. 2015-2016 Program: 3-day leadership development intensive. The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage other (FIRO-B), The Power of Values: Big Data and Employees:

- How to Use the Behavioral Event Interview to Build the Team. Pittsboro, NC. September 9-11, 2015.
5. **Fernandez CS.** Tools for Managing Difficult Conversations. Chapel Hill, NC. March 18, 2015.
 6. **Fernandez CS.** Managing Conflict. Chapel Hill, NC. November 21, 2014.
 7. **Fernandez CS.** Understanding the Fundamentals of Peer Coaching, Chapel Hill, NC. October 22, 2014.
 8. **Fernandez CS.** 2014-2015 Program: 3-day intensive. The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values: Big Data and Employees: How to Use the Behavioral Event Interview to Build the Team. Pittsboro, NC. September 2-4, 2014.
 9. **Fernandez CS.** Tools for Managing Difficult Conversations. Chapel Hill, NC. March 19, 2014.
 10. **Fernandez CS.** Managing Conflict. Chapel Hill, NC. November 5, 2013.
 11. **Fernandez CS.** Understanding the Fundamentals of Peer Coaching. Chapel Hill, NC. October 9, 2013.
 12. **Fernandez CS.** 2013-2014 Program: 3-day intensive: The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others (FIRO-B), The Power of Values. Pittsboro, NC. September 11-13, 2013.
 13. **Fernandez CS.** Tools for Managing Difficult Conversations. Chapel Hill, NC. March 20, 2013.
 14. **Fernandez CS.** Understanding your Step II and Applying Z-style Decision Making. Chapel Hill, NC. October 10, 2012.
 15. **Fernandez CS.** Understanding your Step II and Applying Z-style Decision Making. Chapel Hill, NC. October 5, 2012.
 16. **Fernandez CS.** 2012-2013 Program: 3-day intensive. The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others (FIRO-B), The Power of Values. Chapel Hill, NC. September 5-7, 2012.
 17. **Fernandez CS.** Tools for Managing Difficult Conversations. Chapel Hill, NC. March 16, 2011.
 18. **Fernandez CS.** Understanding your Step II and Applying Z-style Decision Making. Chapel Hill, NC. October 19, 2010.
 19. **Fernandez CS.** 2010-2011 Program: 3-day intensive. The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others (FIRO-B), The Power of Values. Chapel Hill, NC. September 1-3, 2010.
 20. **Fernandez CS.** Tools for Managing Difficult Conversations. Chapel Hill, NC. March 18, 2010.
 21. **Fernandez CS.** Understanding your Step II and Applying Z-style Decision Making. Chapel Hill, NC. October 12, 2009.

22. **Fernandez CS.** 2009-2010 Program: 3-day intensive. The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others (FIRO-B), The Power of Values. Chapel Hill, NC. September 2-4, 2009.

**PRESENTATIONS IN PRE-PROFESSIONAL GRADUATE TRAINING PROGRAMS:
THE UNIVERSITY OF ARIZONA SCHOOL OF MEDICINE/MCH LEADERSHIP TRAINING
PROGRAM**

1. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values; Big Data and Employees: How to Use the Behavioral Event Interview to Build the Team. Tucson, AZ. August 16-18, 2016.
2. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values; Big Data and Employees: How to Use the Behavioral Event Interview to Build the Team. Tucson, AZ. August 18-20, 2015.
3. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values. Tucson, AZ. August 19-21, 2014.
4. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values. Tucson, AZ. August 20-22, 2013.
5. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values. Tucson, AZ. August 13-15, 2012.
6. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values, The Change Style Indicator: Speaking the Language of Change. Tucson, AZ. August 17-19, 2011.

**PRESENTATIONS IN POST-GRADUATE PROFESSIONAL WORKFORCE TRAINING
NATIONAL/REGIONAL LEADERSHIP DEVELOPMENT PROGRAMS:**

Clinical Scholars National Leadership Program

1. **Fernandez CS, Rosenberg A.** Creating Team Cultures through shared values and ground rules; The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; The Paper Planes Simulation and Understanding Change through the Change Style Indicator. Adaptive Leadership. Princeton, NJ. September 24-29, 2016.

MCH-PHLI (Maternal and Child Health Public Health Leadership Institute)

1. **Fernandez CS.** The 5 Conflict Styles: Insights from the Thomas Kilman Conflict Instrument. Chapel Hill, NC. May 13-16, 2014.
2. **Fernandez CS.** Leadership Success and Derailment, Emotional Intelligence in the Workplace (co-presented with Dr. David Steffen), Managing Difficult Conversations: The Simulation Workshop, The Paper Planes Simulation and Understanding Change through the Change Style Indicator. Chapel Hill, NC. December 3-6, 2013.

3. **Fernandez CS.** The 5 Conflict Styles: Insights from the Thomas Kilman Conflict Instrument, The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, Personal Leadership Insights: Your 360 Feedback and Creating an Individual Development Plan, Peer Coaching, Reading the Human Tea Leaves: Understanding What Leading Change Means. Chapel Hill, NC. May 19-24, 2013.
4. **Fernandez CS, Steffen D.** Leadership Success and Derailment, Emotional Intelligence in the Workplace, Managing Difficult Conversations: The Simulation Workshop, The Paper Planes Simulation and Understanding Change through the Change Style Indicator. Chapel Hill, NC. November 27-30, 2012.
5. **Fernandez CS.** The 5 Conflict Styles: Insights from the Thomas Kilman Conflict Instrument, The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, Personal Leadership Insights: Your 360 Feedback and Creating an Individual Development Plan, Peer Coaching, Reading the Human Tea Leaves: Understanding What Leading Change Means. Chapel Hill, NC. May 20-25, 2012.
6. **Fernandez CS, Steffen D.** Leadership Success and Derailment, Emotional Intelligence in the Workplace, Managing Difficult Conversations: The Simulation Workshop, The Paper Planes Simulation and Understanding Change through the Change Style Indicator. Chapel Hill, NC. November 6-9, 2011.
7. **Fernandez CS.** The 5 Conflict Styles: Insights from the Thomas Kilman Conflict Instrument, The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, Personal Leadership Insights: Your 360 Feedback and Creating an Individual Development Plan, Peer Coaching, Reading the Human Tea Leaves: Understanding What Leading Change Means. Chapel Hill, NC. May 22-27, 2011.
8. **Fernandez CS.** Leadership Success and Derailment, Emotional Intelligence in the Workplace. Chapel Hill, NC. November 14-17, 2010.
9. **Fernandez CS.** The 5 Conflict Styles: Insights from the Thomas Kilman Conflict Instrument, The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, Personal Leadership Insights: Your 360 Feedback and Creating an Individual Development Plan, Peer Coaching, Reading the Human Tea Leaves: Understanding What Leading Change Means. Chapel Hill, NC. May 23-27, 2010.

ACOG Robert C. Cefalo National Leadership Institute

1. **Fernandez CS.** ACOG National Leadership Institute: Understanding Organizational Culture through Understanding Personality. Understanding and Using Insights into Human Motivation to Lead and Manage Others. Leading Change and Transformation, Personal Leadership Insights: the 360 Experience, Leadership Success and Derailment. Communication in Times of Crisis and High Tension. Peer Coaching, Interpersonal Risk Taking. Chapel Hill, NC. March 22-March 26, 2017.
2. **Fernandez CS.** ACOG National Leadership Institute: Understanding Organizational Culture through Understanding Personality. Understanding and Using Insights into Human Motivation to Lead and Manage Others. Leading Change and Transformation, Personal Leadership Insights: the 360 Experience, Leadership Success and Derailment. Communication in Times of Crisis and High Tension. Peer Coaching, Interpersonal Risk Taking. Chapel Hill, NC. March 30-April 3, 2016.

3. **Fernandez CS.** ACOG National Leadership Institute: Understanding Organizational Culture through Understanding Personality. Understanding and Using Insights into Human Motivation to Lead and Manage Others. Leading Change and Transformation, Personal Leadership Insights: the 360 Experience, Leadership Success and Derailment. Communication in Times of Crisis and High Tension. Peer Coaching, Interpersonal Risk Taking. Chapel Hill, NC. February 25-March 1, 2015.
4. **Fernandez CS.** ACOG National Leadership Institute: Understanding Organizational Culture through Understanding Personality. Understanding and Using Insights into Human Motivation to Lead and Manage Others. Leading Change and Transformation, Personal Leadership Insights: the 360 Experience, Leadership Success and Derailment. Communication in Times of Crisis and High Tension. Peer Coaching, Interpersonal Risk Taking. Chapel Hill, NC. March 26-30, 2014.
5. **Fernandez CS.** ACOG National Leadership Institute: Understanding Organizational Culture through Understanding Personality. Understanding and Using Insights into Human Motivation to Lead and Manage Others. Leading Change and Transformation, Personal Leadership Insights: the 360 Experience, Leadership Success and Derailment. Crisis Communication and Health Policy Advocacy. Peer Coaching, Interpersonal Risk Taking. Chapel Hill, NC. April 3-7, 2013.
6. **Fernandez CS.** April 2012: Understanding Organizational Culture through Understanding Personality. Understanding and Using Insights into Human Motivation to Lead and Manage Others. Leading Change and Transformation, Personal Leadership Insights: the 360 Experience, Leadership Success and Derailment. Crisis Communication and Health Policy Advocacy. Peer Coaching, Interpersonal Risk Taking. Chapel Hill, NC. April 19-22, 2012.
7. **Fernandez CS.** Understanding Organizational Culture through Understanding Personality. Understanding and Using Insights into Human Motivation to Lead and Manage Others. Leading Change and Transformation, Personal Leadership Insights: the 360 Experience, Leadership Success and Derailment. Crisis Communication and Health Policy Advocacy. Peer Coaching, Interpersonal Risk Taking. Chapel Hill, NC. April 13-17, 2011.
8. **Fernandez CS.** Understanding Organizational Culture through Understanding Personality. Understanding and Using Insights into Human Motivation to Lead and Manage Others. Leading Change and Transformation, Personal Leadership Insights: the 360 Experience, Leadership Success and Derailment. Crisis Communication and Health Policy Advocacy. Peer Coaching, Interpersonal Risk Taking. Chapel Hill, NC. April 21-25, 2010.
9. **Fernandez CS.** Understanding Organizational Culture through Understanding Personality. Understanding and Using Insights into Human Motivation to Lead and Manage Others. Leading Change and Transformation, Personal Leadership Insights: the 360 Experience, Leadership Success and Derailment. Crisis Communication and Health Policy Advocacy. Peer Coaching, Interpersonal Risk Taking. Chapel Hill, NC. April 16-19, 2009.
10. **Fernandez CS.** Understanding Organizational Culture through Understanding Personality. Understanding and Using Insights into Human Motivation to Lead and Manage Others. Leading Change and Transformation, Personal Leadership Insights: the 360 Experience, Leadership Success and Derailment. Crisis Communication and Health Policy Advocacy. Peer Coaching, Interpersonal Risk Taking. Chapel Hill, NC. April 10-13, 2008.
11. **Fernandez CS.** The Behavioral Basis of Leadership, How to Lead and Manage Others using Insights from Personality Structures, Leadership Success and Derailment. Leading Change and

Transformation, Personal Leadership Insights: the 360 Experience, Crisis Communication and Health Policy Advocacy. Chapel Hill, NC. April 19-22, 2007.

12. **Fernandez CS.** The Behavioral Basis of Leadership, Interpersonal Risk Taking, Leadership Success and Derailment. Chapel Hill, NC. April 6-9, 2006.

Food Systems Leadership Institute:

Food Systems Leadership 2015-2016:

1. **Fernandez CS.** Food Systems Leadership Institute: The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace, Leadership Success and Derailment. The Ohio State University, Columbus, Ohio. February 19-23, 2017.
2. **Fernandez CS.** Food Systems Leadership Institute: How to Lead and Manage Others using Insights from Personality Structures. Understanding your 360 Feedback, Peer Coaching, Reading the “Human Tea Leaves” and Understanding the Nature of Change. North Carolina State University, Raleigh, NC. October 16-20, 2016.

Food Systems Leadership 2015-2016:

3. **Fernandez CS.** Food Systems Leadership Institute: Paper Planes Inc, Simulation: Bringing Innovation to Food Systems and Academic Environments, Understanding Change through the Change Style Indicator, Using Symbols as a Powerful Communication Tool. California Polytechnic State University, San Luis Obispo, California. June 13-16, 2016.
4. **Fernandez CS.** Food Systems Leadership Institute: The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace, Leadership Success and Derailment. The Ohio State University, Columbus, Ohio. February 7-11, 2016.
5. **Fernandez CS.** Food Systems Leadership Institute: How to Lead and Manage Others using Insights from Personality Structures. Understanding your 360 Feedback, Peer Coaching, Reading the “Human Tea Leaves” and Understanding the Nature of Change. North Carolina State University, Raleigh, NC. October 18-22, 2015.

Food Systems Leadership: 2014-2015

6. **Fernandez CS.** Food Systems Leadership Institute: Paper Planes Inc, Simulation: Bringing Innovation to Food Systems and Academic Environments, Understanding Change through the Change Style Indicator, Using Symbols as a Powerful Communication Tool. California Polytechnic State University, San Luis Obispo, California. June 22-25, 2015.
7. **Fernandez CS.** Food Systems Leadership Institute: The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace, Leadership Success and Derailment. The Ohio State University, Columbus, Ohio. February 8-12, 2015.
8. **Fernandez CS.** Food Systems Leadership Institute: How to Lead and Manage Others using Insights from Personality Structures. Understanding your 360 Feedback, Peer Coaching, Reading the “Human Tea Leaves” and Understanding the Nature of Change. North Carolina State University, Raleigh, NC. September 28-October 2, 2014.

Food Systems Leadership 2013-2014

9. **Fernandez CS.** Food Systems Leadership Institute: Paper Planes Inc Simulation: Bringing Innovation to Food Systems and Academic Environments, Understanding Change through the

Change Style Indicator, Using Symbols as a Powerful Communication Tool. California Polytechnic University, San Luis Obispo, CA. June 16-20, 2014.

10. **Fernandez CS.** Food Systems Leadership Institute: The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace, Leadership Success and Derailment. The Ohio State University, Columbus, Ohio. February 9-13, 2014.
11. **Fernandez CS.** Food Systems Leadership Institute: How to Lead and Manage Others using Insights from Personality Structures, Reading the “Human Tea Leaves” and Understanding the Nature of Change, Understanding your 360 Feedback, Adaptive Leadership, Peer Coaching. North Carolina State University, Raleigh, NC. September 29-October 3, 2013.

Food Systems Leadership 2012-2013:

12. **Fernandez CS.** Food Systems Leadership Institute: Paper Planes Inc Simulation: Bringing Innovation to Food Systems and Academic Environments, Understanding Change through the Change Style Indicator, Using Symbols as a Powerful Communication Tool. California Polytechnic University, San Luis Obispo, CA. June 17-19, 2013.
13. **Fernandez CS.** Food Systems Leadership Institute: The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace, Leadership Success and Derailment. The Ohio State University, Columbus, Ohio. February 19-23, 2013.
14. **Fernandez CS.** Food Systems Leadership Institute: How to lead and manage others using insights from personality structures. Understanding your 360 Feedback, Adaptive Leadership, Peer Coaching. North Carolina State University, Raleigh, NC. September 30-October 4, 2012.

Food Systems Leadership Institute 2011-2012:

15. **Fernandez CS.** Paper Planes Inc Simulation: Bringing Innovation to Food Systems and Academic Environments, Understanding Change through the Change Style Indicator, Using Symbols as a Powerful Communication Tool. California Polytechnic University, San Luis Obispo, CA. June 18-22, 2012.
16. **Fernandez CS.** The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace, Leadership Success and Derailment. The Ohio State University, Columbus, Ohio. February 19-23, 2012.
17. **Fernandez CS.** How to Lead and Manage Others using Insights from Personality Structures. Understanding your 360 Feedback, Adaptive Leadership, Peer Coaching. North Carolina State University, Raleigh, NC. September 25-29, 2011.

Food Systems Leadership Institute 2010-2011:

18. **Fernandez CS.** Paper Planes Inc Simulation: Bringing Innovation to Food Systems and Academic Environments, Using Symbols as a Powerful Communication Tool. University of Vermont, Burlington, VT. June 5-9, 2011.
19. **Fernandez CS.** The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace. The Ohio State University, Columbus, Ohio. February 20-24, 2011.
20. **Fernandez CS.** How to Lead and Manage Others using Insights from Personality Structures. Adaptive Leadership, Understanding your 360 Feedback, Major Changes at Major State University:

Administrative Leadership Challenges (academic leadership case study), Peer Coaching. North Carolina State University, Raleigh, NC. October 24-28, 2010.

Food Systems Leadership Institute 2009-2010:

21. **Fernandez CS.** Paper Planes Inc Simulation: Bringing Innovation to Food Systems and Academic Environments, Using Symbols as a Powerful Communication Tool. University of Vermont, Burlington, VT. June 6-10, 2010.
22. **Fernandez CS.** The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace. Major Problems at MajorState University: Issues for Administrative Leadership (case study). The Ohio State University, Columbus, Ohio. February 7-11, 2010.
23. **Fernandez CS.** How to Lead and Manage Others using Insights from Personality Structures. Understanding your 360 Feedback, Major Changes at MajorState University: Administrative Leadership Challenges (academic leadership case study), Peer Coaching. North Carolina State University, Raleigh, NC. October 4-9, 2009.

Food Systems Leadership Institute 2008-2009:

24. **Fernandez CS.** The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace. Major Problems at MajorState University: Issues for Administrative Leadership (case study). The Ohio State University, Columbus, Ohio. February 8-12, 2009.
25. **Fernandez CS.** How to Lead and Manage Others using Insights from Personality Structures. Understanding your 360 Feedback, Major Changes at MajorState University: Administrative Leadership Challenges (academic leadership case study), Peer Coaching. North Carolina State University, NC. October 26-30, 2008.

Food Systems Leadership Institute 2007-2008:

26. **Fernandez CS.** Paper Planes Inc Simulation: Bringing Innovation to Food Systems and Academic Environments, Using Symbols as a Powerful Communication Tool. University of Vermont, Burlington, VT. June 8-12, 2008.
27. **Fernandez CS.** The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace. The Ohio State University, Columbus, Ohio. February 10-15, 2008.
28. **Fernandez CS.** How to Lead and Manage Others using Insights from Personality Structures, Understanding your 360 Feedback, Peer Coaching. North Carolina State University, Raleigh, NC. October 21-25, 2007.

Food Systems Leadership Institute 2006-2007:

29. **Fernandez CS.** Paper Planes Inc Simulation: Bringing Innovation to Food Systems and Academic Environments, Using Symbols as a Powerful Communication Tool. University of Vermont, Burlington, VT. June 3-8, 2007.
30. **Fernandez CS.** The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace. The Ohio State University, Columbus, Ohio. February 18-23, 2007.

31. **Fernandez CS.** How to Lead and Manage Others using Insights from Personality Structures, Understanding your 360 Feedback. North Carolina State University, Raleigh, NC. October 15-20, 2006.

Food Systems Leadership Institute 2005-2006:

32. **Fernandez CS.** Paper Planes Inc Simulation: Bringing Innovation to Food Systems and Academic Environments, Using Symbols as a Powerful Communication Tool. University of Vermont, Burlington, VT. June 4-9, 2006.
33. **Fernandez CS.** The Behavioral Basis of Leadership, Leadership Success and Derailment, Emotional Intelligence in the Workplace. The Ohio State University, Columbus, Ohio. January 22-27, 2006.
34. **Fernandez CS.** How to Lead and Manage Others using Insights from Personality Structures. North Carolina State University, Raleigh, NC. October 2-7, 2005.

Southeast Public Health Leadership Institute

1. **Fernandez CS.** Symbols of Leadership. Chapel Hill, NC. December 6-9, 2006.
2. **Fernandez CS.** Leading and managing while understanding personality structures: insights from the MBTI. South Boston, Virginia. May 9, 2006.
3. **Fernandez CS.** Crisis Communication. Asheville, NC. December 7, 2005.
4. **Fernandez CS.** Emotional Intelligence in the Workplace. Myrtle Beach, SC. May 2-4, 2005.

Emerging Leaders in Public Health

1. **Fernandez CS.** Crisis Communication. Chapel Hill, NC. February 23, 2004.

Leadership Novant

1. **Fernandez CS.** Emotional Intelligence in the health care workplace. Blowing Rock, NC. April 19, 2006.
2. **Fernandez CS.** Leading and managing while understanding personality structures: insights from the MBTI. Chapel Hill, NC. December 7, 2005.

ACCLAIM UNC School of Medicine Faculty Leadership Institute:

1. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values, Leading Change and Selling the Change Message, Leadership Success and Derailment, Surfacing Leadership Challenges, Reading the Tea Leaves: Understanding Change. Chapel Hill, NC. September 13-15, 2016.
2. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values, Leading Change and Selling the Change Message, Leadership Success and Derailment, Surfacing Leadership Challenges, Reading the Tea Leaves: Understanding Change. Chapel Hill, NC. November 3-5, 2015.
3. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values,

Leading Change and Selling the Change Message, Leadership Success and Derailment, Surfacing Leadership Challenges, Reading the Tea Leaves: Understanding Change. Chapel Hill, NC. October 7-9, 2014.

4. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values, Leading Change and Selling the Change Message, Leadership Success and Derailment, Surfacing Leadership Challenges, Reading the Tea Leaves: Understanding Change. Chapel Hill, NC. October 8-10, 2013.
5. **Fernandez CS.** The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, Understanding Human Motivation to Lead and Manage Others, The Power of Values, Leading Change and Selling the Change Message, Leadership Success and Derailment, Surfacing Leadership Challenges, Reading the Tea Leaves: Understanding Change. Chapel Hill, NC. January 9-11, 2013.

Other Academic Leadership Training Programs Engaged Teaching:

1. **Fernandez CS.** The Ohio State University Faculty and Administrative Team 3-day Leadership Development Intensive, College of Food, Agriculture and Environmental Sciences: The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, The Power of Values, Leading Change and Selling the Change Message, Leadership Success and Derailment, Surfacing Leadership Challenges, Reading the Tea Leaves: Understanding Change. Columbus, Ohio. March 14-16, 2016.
2. **Fernandez CS.** The College of Agriculture and Life Sciences, Arizona State University Faculty and Administrative Team 3-day Leadership Development Intensive: The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, The Power of Values, Leading Change and Selling the Change Message, Leadership Success and Derailment, Surfacing Leadership Challenges, Reading the Tea Leaves: Understanding Change. Tucson, AZ. November 28-30, 2016.
3. **Fernandez CS.** FastTrack 3-day Leadership Intensive: The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, The Power of Values, Leading Change and Selling the Change Message, Leadership Success and Derailment, Surfacing Leadership Challenges, Reading the Tea Leaves: Understanding Change. *Overall program given a perfect score by every participant.* Chapel Hill, NC. October 8-10, 2016.
4. **Fernandez CS.** FastTrack 3-day Leadership Intensive: The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, The Power of Values, Leading Change and Selling the Change Message, Leadership Success and Derailment, Surfacing Leadership Challenges, Reading the Tea Leaves: Understanding Change. *Overall program given a perfect score by every participant.* Chapel Hill, NC. October 10-12, 2015.
5. **Fernandez CS.** FastTrack 3-day Leadership Intensive: The Personality-Organizational Culture Link and Creating Thought Diverse Organizations, The Power of Values, Leading Change and Selling the Change Message, Leadership Success and Derailment, Surfacing Leadership Challenges, Reading the Tea Leaves: Understanding Change. *Overall program given a perfect score by every participant.* Chapel Hill, NC. October 11-13, 2014.

Refereed Research Papers Presented at Conferences

1. **Fernandez CSP**, Anzola K, Estrada L. Creating effective partnerships: how to build capacity without dollars. Association of Maternal Child Health Programs (AMCHP) annual meeting. Washington DC. March 8, 2010.
2. **Fernandez CSP**, Anzola K, Estrada L. The new Maternal and Child Health-Public Health Leadership Institute (MCH-PHL): developing critical leadership skills for MCH leaders. Association of Maternal Child Health Programs (AMCHP) annual meeting. Washington DC. March 8, 2010.
3. **Fernandez CSP**, Great leaders build great organizations: 10 steps to building your team. AAGL Annual meeting. Orlando, FL. November 18, 2009.
4. **Fernandez CSP**, Brandert KT. Building your organization through mentoring and peer coaching. City MatCH. Phoenix, AZ. August 23, 2009.

Published Note or Presented Abstract

1. **Plaisted Fernandez CS**, Bryan M, Swartzel, K. Food Systems Leadership Institute (FSLI): Positioning leaders in nutrition & dietetics to influence the food systems of the future. J Am Dietet Assoc. 2006;(abst) A-45;(suppl):106(8). Honolulu, HI. September 18, 2006.
2. Davis MV, **Fernandez CP**, Porter J, McMullin K. UNC Certificate Program: are we training the public health workforce? Poster Presentation at the 2004 Public Health Systems Research Affiliate Meeting. San Diego, CA. June 5, 2004.
3. Davis MV, **Fernandez CP**, Porter J, McMullin K. UNC Certificate Program: are we training the public health workforce? Poster Presentation at the 2004 Annual Research Meeting. San Diego, CA. June 6, 2004.
4. Bender D, **Plaisted Fernandez CS**, Harlan C, Henshaw R, Lorch C, McQuiston CM, Tolman E, Trester A. Evaluation of a health Spanish language curriculum to improve quality of care for immigrant Latino populations. American Journal of Public Health Association Meeting 2004, Abstract #80836. San Francisco, CA. November 10, 2004.
5. **Plaisted Fernandez CS**, Lorch C. Computer Assisted Instruction (CAI) effective in improving Spanish language and cultural competency of health care providers and students: findings of a 2-month pilot study. American Journal of Public Health Association Meeting 2003, Abstract #81521. San Francisco, CA. November 17, 2003.
6. **Plaisted Fernandez C**, Umble K, Lorch C, Johnson G. Computer Assisted Instruction (CAI) effective in improving Spanish language and cultural competency of health care providers: Findings of a pilot study. 131st Annual Meeting of the American Public Health Association. San Francisco, CA. November 17, 2003.
7. **Plaisted CS**, Cooksey KA, Lee CC, Kohlmeier M, Zeisel SH. Medical education in the next millennium: What RD's need to know about physician nutrition education and training. J Am Dietet Assoc 1998;Suppl1;98:A-45. Kansas City, MO. October 20, 1998.
8. **Plaisted CS**, Cooksey KA, Adams KM, Lee CC, Kohlmeier M, Zeisel SH. Technology innovations in undergraduate nutrition and dietetics education and training. J Am Dietet Assoc 1998;(Suppl1);98:A-37. Kansas City, MO. October 21, 1998.

9. Lin PH, **Plaisted CS**, Schrauf R, Rubin D. Comparable diet recall accuracy between dieters and non-dieters participating in feeding studies. Federation Proceedings Abst #4184, 1996. Vol 10, #3. Washington DC. April 15, 1996.
10. **Plaisted CS**, Spira JS, Coburn JM, Drezner MK. Long-term weight loss: a consequence of a successful lifestyle change program (LCP). J Am Coll Nutr 1995;14(5):538.
11. **Plaisted CS**, Kuchibhatla M, Robbins MS, King S, Morey MC, Drezner MK. Body composition in elders: hydrostatic weighing (HW) consistently overestimates body fat (BF). J Am Coll Nutr 1995;14(5):532.
12. Lin PH, Hoben K, **Plaisted C**, McCaskill C, Clay SL, Kuchibhatla M, Drezner MK, Feinglos M, Surwit R. Disproportional losses of lean body mass between African American and Caucasian females after short term weight reduction. J Am Coll Nutr 1995;14(5):538.
13. Bales C, DiSilvestro R, Lin P, Currie K, **Plaisted C**, Galanos A, Joung H, Kithianis C. Marginal zinc deficiency in older adults: zinc status indicators show variable responses. Proceedings FASAB Journal 1994;8:Abstract #4035. New Orleans, LA. May 23, 1994.
14. **Plaisted CS**, Robbins MS, King S, Morey MC. Measurement of body composition using dual x-ray absorptiometry (DEXA), skinfolds, bioelectrical impedance (BIA), and infrared technology in elderly volunteers. J Am Coll Nutr 1993;12:590.
15. **Plaisted CS**, Galanos A, Westlund R, Lin PH, Currie K, Bales CW. Response of community dwelling elderly to intense dietary intervention: positive outcomes for coping, compliance, and quality of life (QOL) parameters. J Am Coll Nutr 1993;2:591.
16. Lin PH, **Plaisted CS**, Bales CW. A brief taste acuity test for use in geriatric nutrition assessment. J Am Coll Nutr 1992;11:604.
17. **Plaisted CS**, Steen S, Pontes M, Blackburn GL, Istfan NW. Urinary catecholamine excretion in obese subjects: Relation to insulin resistance and C-peptide excretion. Presented at the North American Association for the Treatment of Obesity. Sacramento, CA. October 21, 1991.
18. Istfan NW, Steen SN, **Plaisted CS**, Blackburn GL. Insulin sensitivity and mean-stimulated C-peptide excretion following relapse: Relationship to blood pressure. Presented at the North American Association for the Treatment of Obesity. Sacramento, CA. October 20, 1991.
19. **Plaisted CS**, Blackburn GL, Bistrrian BR, Istfan NW. Effect of weight loss on insulin action in weight sensitive and weight insensitive obese hypertensive patients. Int J Obes 1990;(Suppl 2):44. Paper presented at the 6th International Congress on Obesity. Received Recognition of Excellence Certification. Kobe, Japan. October 24, 1990.
20. **Plaisted CS**, Landsberg L, Young J, Blackburn GL, Bistrrian BR, Istfan NW. Insulin resistance and urinary catecholamine excretion in obese hypertensive patients undergoing weight loss. Int J Obes 1990;(Suppl 2):77. Paper presented at the 6th International Congress on Obesity. Received Recognition of Excellence Certification. Kobe, Japan. October 23, 1990.
21. Istfan NW, **Plaisted CS**, Bistrrian BR, Blackburn GL. Insulin resistance vs. insulin secretion in obese hypertensive patients. Presented (oral) at American Federation of Clinical Research and published in Clinical Research. 1990 Vol 38(2). Washington DC. April 25, 1990.

22. Kowalchuk MD, **Plaisted CS**, Lopes S, Blackburn GL. Evaluation of patient compliance to a low fat, healthy heart diet with fish oil supplements. FASEB. March 14, 1989.
23. Rosofsky WG, **Plaisted CS**, Bell SJ, Blackburn GL. Attitudes of dietitians toward meal replacement diets for obese patients. The American Dietetic Association 1989 National Meeting. Kansas City, MO. October 25, 1989.

BOOK REVIEWS

1. Pre-publication reviewer: Eating disorders: putting it all together, The American Dietetic Association, 1999.
2. Metabolic calculations --simplified, by David P. Swain and Brian C. Leutholtz. Published by Williams & Wilkins, Baltimore. 1997. For J. Nutr Biochemistry, 1998.

WORKBOOKS/MANUALS

1. (no author listed) Nutrition for Healthy Living. Sarah W. Stedman Nutrition Center, Duke Center for Living, 1997. (Creative Team: Shusterman T, Plaisted CS, Hoben K, Rukenbrod F, Erb G.)
2. **Plaisted CS**, Rubin E. Stopping the Diet Cycle: A workbook for making peace with food and ending dieting. Sarah W. Stedman Nutrition Center, Duke Center for Living, 1993, 1995.

INVITED PAPERS

(brochure sponsored by professional association)

1. Disordered Eating and Eating Disorders: Anorexia Nervosa, Bulimia Nervosa, and Binge Eating Disorder (brochure). The American Dietetic Association, Chicago, IL, 1997.

NEWSLETTERS

1. **Fernandez C**. ACOGs Investment in Leadership Development: Going Strong for 10 Years. ACOG Rounds. <http://www.acog.org/About-ACOG/ACOG-Departments/ACOG-Rounds>.
2. **Fernandez CSP**. MCH PHLI: Business World Practices to Develop MCH Leaders. *AMCHP Pulse*, Real Life Story. July-August 2012, weblink: <http://www.amchp.org/AboutAMCHP/Newsletters/Pulse/JulyAugust2012/Pages/RealLifeStory.aspx>.
3. **Fernandez CSP**, Brandert KT. Building your organization through mentoring, coaching and peer coaching. CityMatCH.City Lights 2009 Conference;18(1):8.

Written about MCH PHLI, Dr. Fernandez's MCH leadership institute:

4. Foster J. MCH PHLI: What Graduates Gained From Attending *AMCHP Pulse*, Real Life Story. July-August 2012, weblink: <http://www.amchp.org/AboutAMCHP/Newsletters/Pulse/JulyAugust2012/Pages/Feature3.aspx>
5. Gretchen Hageman G. MCH PHLI: What Graduates Gained From Attending *AMCHP Pulse*, Real Life Story. July-August 2012, weblink: <http://www.amchp.org/AboutAMCHP/Newsletters/Pulse/JulyAugust2012/Pages/Feature3.aspx>.

LETTERS

1. Zeisel SH, **Plaisted CS**. CD-ROMs for nutrition education. (letter) *J Am Coll Nutr* 1999;18:287.
2. Letter to the editor: BS Kanders, EdD, MPH, RD; **CS Plaisted**, MS, RD; I Greenberg, PhD; GL Blackburn, MD PhD. *J Am Dietet Assoc* 1988;88:905.

VIDEOS

1. The female athlete triad, Eating disorder prevention video, sponsored by the New York Athletic Association and the American Dairy Association. Targeted to pre-teen and teenage athletes. Served as content reviewer and on-camera health expert. 1997.
2. Motivated to move! The Nutrition Coordinating Center, The New England Deaconess Hospital, Boston, MA. 1990.
3. Fat gram counting. The Nutrition Coordinating Center, The New England Deaconess Hospital, Boston, MA. 1988.
4. Meal Replacement. The Nutrition Coordinating Center, The New England Deaconess Hospital, Boston, MA. 1990.
5. Navigating the Grocery Store. The Nutrition Coordinating Center, The New England Deaconess Hospital, Boston, MA. 1989.

Regular Columns

6. Monthly nutrition and health column in *Carolina Woman Magazine*, readership: 80,000. Regional women’s magazine serving the Triangle, Durham, NC. 1995-1999.

TEACHING ACTIVITIES

<u>Courses Taught</u>		<u># of students</u>
MHCH 790	MHCH/PUBH 790, MCH and Public Health Leadership Assessment, Seminar, Spring 2015	24
MHCH 790	MHCH/PUBH 790, MCH and Public Health Leadership Assessment, Seminar, Spring 2014	18
MHCH 790	MHCH/PUBH 790, MCH and Public Health Leadership Assessment, Seminar, Spring 2013	19
PUBH 790	PUBH 790 Certificate Program, MCH and Public Health Leadership Assessment Seminar, April 10-12, 2013	15
PUBH 790	PUBH 790 Masters Program, MCH and Public Health Leadership, Assessment Seminar, May 1-3, 2013	27

GUEST LECTURES FOR OTHER COURSES IN THE MCH AND OTHER SPH RELATED DEPARTMENTS:

MHCH 712	Tools for enhancing communication and creating positive organizational culture January 2013 (class newly developed for course), January 2014, March 2016
MCH 756	The Dangers of Group Think and How to Avoid it, March 2013
SPHG 600	Thinking with an Innovative Mind in a Disconnected and Siloed World, September 2015, September 2016
HBHE 746/992	Emotional Intelligence Workshop, October 2014, October 2013
PHLP 790	3-day Leadership Intensive, May 7-9, 2014

NAMES OF GRADUATE STUDENTS SUPERVISED, THESES OR DISSERTATION TITLES, AND COMPLETION DATES FOR DEGREE WORK SINCE EMPLOYMENT AT UNC CHAPEL HILL

RESEARCH ADVISOR AND PRIMARY READER FOR MASTER'S PAPERS FOR MCH STUDENTS

2016:2018	Ellison Henry (TBD)
2016:2018	Sarah Neil (TBD)
2015:2017	Meredith Burns (MPH) Abortion inclusion in graduate maternal and child health curricula
2015: 2017:	Rachel Ogbuogi (MPH) Understanding the predictors of female genital mutilation in Nigeria.
2014-2016:	Amanda Howell (MPH) An evaluation review: improving the diets and mind of school-aged youth through gardening and cooking enhanced nutrition education, graduated May 2016.
2014-2016:	Paige Schildkamp (MPH) "Ready, Set, Baby" Prenatal breastfeeding education session and its affect on mothers' comfort with the idea of formula feeding and breastfeeding intentions, graduated May 2016.
2013-2014	Sarah McDaniel (MPH) Analyzing text messages regarding adolescent sexual health, graduated May 2015.
2013-2015	Meghan Pollak (MPH) Rising stars: An analysis of the persistence of girls on the run curriculum on program alumnae, graduated May 2015.
2013-2015	Anna Falkovich (MPH) Classroom to community: Bridging the gap between health and education, graduated May 2015.
2012-2013	Megan Squires (MPH) Abortion in the United States: A brief history of abortion in the US, including a closer examination of abortion history and policy in North Carolina and Massachusetts, graduated Dec 2013.
2012-2013	Anna Dean (MPH) NICU MOMS: Examining maternal health behaviors during the first postpartum year among mothers delivering an infant spending a week or longer in the Neonatal Intensive Care Unit, graduated Dec 2013.
2012-2014	Alisha Wolfe (MPH) Preparing for pregnancy: Mind, body, and spirit, graduated Dec 2013.
2011-2013	Kat Tedford (MPH) Critical analysis, examining why maternal and child health priority interventions fail at successful implementation-how implementation science and research has the potential to help, graduated May 2013.
2011-2013	Sara Zizzo (MPH) Women and HIV/AIDS in Lesotho: Linking social and structural drivers, policy, and human rights, graduated May 2013.
2011-2013	Sara Elizabeth McLellan (MPH) 2012 World Health Organization Safe Abortion Guidance: Assessing the need for an integrative tool to monitor and assess implementation in member states, graduated May 2013.

- 2010-2011 Mary Paul (MPH) Description of women seeking second trimester postabortion care in Malawi, graduated May 2012.
- 2010-2011 Kelly Murphy (MPH) Rural and non-rural differences in the system of care for children with complex chronic conditions, graduated Dec 2011.
- 2009-2011 Laetitia Lemione (MPH) The effect of religion and religiosity on contraception decisions among emerging adults, graduated May 2011.
- 2009-2011 Kristen Brugh (MPH) The evolving framework and historical trends in female circumcision provider by circumcision year, region, and wealth: secondary data analysis of the 2008 Egypt demographic and health study, graduated May 2011.
- 2008-2010 Innes Gamble (MPH) A systematic review of text messaging programs for sexual and reproductive health: Implications for family planning programs in sub-Saharan Africa, graduated May 2010.
- 2008-2010 Chinyere Alu (MPH) Determinants of short birth intervals among women in North Central, North East, South East, and South West Nigeria, graduated May 2010.
- 2007-2009 Patricia Lally (MPH) (DO). The health of children in NC homeless shelters, graduated May 2009.
- 2007-2009 Robyn Dayton (MPH) Incorporating a component on gender-based violence into the work of the Honduran health alliance: Program considerations and implementation, graduated May 2009.

FACULTY MENTOR FOR COMPETITIVE STUDENT FELLOWSHIPS AND AWARDS

- 2016 Meredith Burns, FLAS Fellowship
- 2015-2017 Meredith Burns, Global Health Internship Scholarship for summer practicum
- 2014-2016 Amanda Howell, Katherine Ann Wildman Memorial Scholarship; Hyatt Rotary Public Service Award (for work with Classroom to Community) from the Carolina Center for Public Service; HRSA grant for working with underserved populations (\$5,000)
- 2012-2013 Sara Zizzo, FLAS Fellowship for Swahili
- 2011 Joy Williams, Wheaton College Fine Arts Graduate Scholarship
- 2009-2010 Mary Paul, FLAS Scholarship
- Spring 2009 Innes Gamble, FLAS Fellowship 2009-2010 for Kiswahili
- Spring 2008 Patricia Lally, DO, Earl and Gladys Siegel Student Support Award
- 1998-1999 Honors project supervisor: supervised honors thesis for students in Food and Culture program at UNC
- 1998-1990 Independent Project supervisor: supervised Simone Eppich's report on nutritional quality and sanitation practices at the Inter-Faith Food Council (IFC) shelter. Student project was highlighted in local news media and published as a joint paper in the Journal of the American Dietetic Association.
- 1998 Block Field Student Supervisor. Supervised block field student for summer internship program in the Nutrition and Medicine project. Student projects included assessment of national use of NIM® modules, development of interactive web site interface, and general participation in module completion.
- 1996-1997: Student Research Experience Supervisor. Supervised five undergraduate students from North Carolina Central University, Department of Human Sciences. Supervised nutrition student interns in research experience.
- 1994-1997: Student Intern Supervisor. Supervised four nutrition masters degree candidate interns/block field experience from the University of North Carolina at Chapel Hill, Department of Nutrition. Students interested in weight management and the treatment of eating disorders.

GRANTS AND CONTRACTS

Title/Topic	Role	Award Duration	Award Amount (total funding)
Robert Wood Johnson Foundation Clinical Scholars: <i>Planning grant period</i>	Co-PI	11/15/2015-3/31/2016	\$750,000
Robert Wood Johnson Foundation Clinical Scholars: <i>Launch period</i>	Co-PI	4/1/2016-8/31/2016	\$1,461,408
Robert Wood Johnson Foundation Clinical Scholars: year 1 intervention period	Co-PI	9/1/2016-8/31/2019	\$21,574,741
Robert Wood Johnson Foundation Clinical Scholars: Ongoing intervention period—there is no published end date to this award.	Co-PI	9/1/2016-no published sundown	\$10,000,000 <i>Project ceiling per year</i>
ACOG National Leadership Institute	PI	1/1/2015-12/15/2017	\$418,960
Food Systems Leadership Institute	PI	07/01/15-06/30/16	\$91,506
ACOG National Leadership Institute	PI	1/1/2014-12/15/2015	\$182,179
Food Systems Leadership Institute. 07/01/14-06/30/15. Contract Award: \$84,726.62	PI	07/01/14-6/30/2015	\$84,726
ACOG National Leadership Institute	PI	1/1/2013-12/15/2014	\$172,179
ACOG National Leadership Institute	PI	1/1/2012-1/15-2013	\$162,422
Food Systems Leadership Institute	PI	07/01/2013-06/30/2014	\$567,539
Food Systems Leadership Institute		07/01/2012-06/30/2013	\$57,074
Food Systems Leadership Institute	PI	07/01/2011-06/30/2012	\$54,270
ACOG National Leadership Institute	PI	10/10/2010-9/30/2011	\$152,499
MCH Public Health Leadership Institute, funded by the Maternal and Child Health Bureau (HRSA).	PI	06/01/2009-5/31/2014	\$1,704,865
National Training Institute for Child Care Health Consultants, Maternal and Child Care Health Bureau, USDHHS, Rockville, MD. Kotch (PI)	Investigator	04/01/2009-3/31/2010	\$350,000
ACOG National Leadership Institute	PI	09/01/2009-09/01/2010	\$157,000
Washington State University Organizational Development Consulting, Washington State University, PI of contract; \$41,000.	PI	1/5/2008-6/30/2008	\$41,000
ACOG District VI (February 2009): Leadership Development	PI	2/2009	\$13,500
ACOG District V (March 2009): Leadership Development	PI	3/2009	\$13,500
ACOG District VIII (March 2008): award: \$16,500	PI	3/2008	\$16,500
ACOG District II (October 2008): Leadership Development	PI	10/2008	\$13,500

ACOG District IV (March 2010): Leadership Development	PI	3/2010	\$14,500
ACOG Leadership Institute 2009	PI	1/1/2009-9/30/2010	\$152,000
Food Systems Leadership Institute	PI	07/01/2008-06/30/2009	\$60,288
ACOG Leadership Institute 2008	PI	01/01/2007-12/15/2008	\$122,000
Food Systems Leadership Institute	PI	07/01/2007-06/30/2008	\$69,511
ACOG Leadership Institute 2007	PI	01/01/2006-12/15/2007	\$119,000
Food Systems Leadership Institute 2006	PI	07/01/2005-6/30/2006	\$62,000
Food Systems Leadership Institute 2006; UNC Office of the President	PI	07/01/2004-6/30/2005	\$60,000
ACOG Leadership Institute 2006	PI	2005-2006	\$89,000
<i>Leadership Novant</i> (Novant Health System), PI: Steve Orton, PhD (curriculum and intervention plan created by C. Fernandez)	Staff	2005-2006	\$186,000
W. K. Kellogg Foundation. Emerging Leaders in Public Health 2004; PI: James Johnson PhD, Kenan Flagler Institute for Private Enterprise	Co-PI Project Director	2003-2004	\$186,000
W. K. Kellogg Foundation. Emerging Leaders in Public Health 2004; PI: James Johnson PhD, Kenan Flagler Institute for Private Enterprise.	Co-PI	2004-2006	\$501,000.00

UNIVERSITY SERVICE

Service Category	Description	Dates served
School	McGavern Excellence in Teaching Award Committee	Served 2008-2011
Department	MCH Adjunct Professor's Committee	Chair, 2015--current
University	Elected to UNC Fixed Term Grievance Committee	Served 2009-2011
University	Leadership Consortium Committee Member	2008-2015
University	Member, Advisory Council, College of Leadership Excellence, UNC Health System	2011-2014
University	Speaker, Department of Psychiatry Grand Rounds: How to avoid groupthink and support thought diversity as individuals, teams, and an organization: Thinking with an Innovative Mind in a disconnected, siloed, non-communicating world	October 7, 2015
University	UNC SOM WISDOM (Women in Science Deserve Opportunities and Mentoring) address: Leadership Development Fundamentals: A Review of the Data	January 28, 2015

PROFESSIONAL SERVICE

Professional	North Dakota State University Leadership Intensive Day Long	March 18,
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	Retreat, Creating Innovative and Accountable Organizations, March 18th 2016. Fargo, ND.	2016
Professional	ACOG District V Day Long Leadership Retreat, Las Vegas, NV.	February 26, 2016
Professional	ACOG District VI Day Long Leadership Retreat, Las Vegas, NV.	February 25, 2016
Professional	Massachusetts Institute of Technology (MIT), Office of Strategic Talent Management, What We've Learned About Developing Leaders in public health, maternal and child health, medicine and academia.	February 23, 2016
Professional	Keynote Speaker: National Extension Directors and Administrators Annual Meeting, St. Louis. The Keys to Innovation: Thinking with an Innovative Mind in a disconnected, siloed, non-communicating world.	October 13, 2015
Professional	Perfect Persuasion (webinar), The Food Systems Leadership Institute.	September 17, 2015
Professional	Managing Difficult Conversations: The essential toolbox for public health leaders; MCH Leadership Consortium.	August 2015
Professional	Great Plains Public Health Leadership Institute webinar: Adaptive Leadership: the essential introduction.	June 10, 2015
Professional	The London School of Hygiene and Tropical Medicine, What We've Learned About Developing Leaders in public health, maternal and child health, medicine and academia.	March 27, 2015
Professional	North Dakota State University Creating Organizational Culture and Leading Culture Shifts.	March 16, 2015
Professional	North Dakota State University, Presentation to the President's Cabinet on "The Dangers of Groupthink", Fargo, ND.	March 16, 2015
Professional	ACOG Junior Fellow Section Officer Leadership Development Program: Managing Difficult Conversations: 12 Surprisingly Simple Strategies. Washington, DC.	March 7, 2015
Professional	ACOG Junior Fellow Section Officer Leadership Development Program: Thinking with an Innovative Mind: Strategies to Bring Out New Ideas and Think Out of Your Old Box. Washington, DC.	March 7, 2015
Professional	NC State University, College of Agriculture and Life Sciences, What We've Learned About Developing Leaders in public health, maternal and child health, medicine and academia.	January 21, 2015
Professional	Great Plains Public Health Leadership Institute webinar: Understanding Employee Engagement and Workforce Motivation.	August 12, 2014
Professional	Great Plains Public Health Leadership Institute webinar: Managing Difficult Conversations: the essential tool set	July 15, 2014
Professional	NC TRACS presentation: Avoiding Groupthink: how to create thought diversity in organizations.	April 2014
Professional	North Dakota State University Dealing with Conflict, Managing Difficult Conversations, and Peer Coaching.	March 17, 2014
Professional	North Dakota State University, Presentation to the President's Cabinet on "Listening as Powerful Art", Fargo, ND.	March 17, 2014
Professional	ACOG District IX Day Long Leadership Retreat, Sacramento, CA.	March 15, 2014

Professional	Article Editor, SAGE Open Publications (Focused on social and behavioral sciences and the humanities). Article reviewed: "Emotional Intelligence, Perceived Control and Eating Disorders." Convened a group of reviewers and lead the process of article review.	April-June 2013
Professional	North Dakota State University Leadership Intensive Day Long Retreat, Fargo ND, Emotional Intelligence and Managing Conflict.	March 15, 2013
Professional	North Dakota State University, Presentation to the President's Cabinet on "The Powerful Apology", Fargo, ND.	March 14, 2013
Professional	SERA 42 National Meeting at the Association of Public and Land Grant Universities Conference, "The Powerful Apology", Denver, Colorado.	November 10, 2012
Professional	The Association of Public and Land Grant Universities (APLU). Community of Scholars Honoring Excellence awards program, served as the graduation speaker for the Food Systems Leadership Institute Cohort 6 Fellows, Denver, CO.	November 11, 2012
Professional	Presented workshop on Adaptive Leadership to the Division of Public Health for North Carolina, Chronic Disease Section.	November 8, 2012
Professional	ACOG District V Leadership Intensive Day Long Retreat, Louisville, KY.	April 14, 2012
Professional	North Dakota State University Leadership Intensive Day Long Retreat, Fargo ND.	March 15, 2012
Professional	ACOG District VI Leadership Intensive Day Long Retreat, Austin, TX.	February 9, 2012
Professional	Guest Editor, MCH Journal special themed issue on leadership (journal release date; spring 2014).	2012-2014
Professional	Journal of Public Health Management and Practice, Reviewer	2009-present
Professional	The Association of Public and Land Grant Universities (APLU). Community of Scholars Honoring Excellence awards program, served as the graduation speaker for the Food Systems Leadership Institute Cohort 5 Fellows, Dallas, TX.	November 13, 2011
Professional	ACOG District III Leadership Intensive Day Retreat, Annapolis, MD.	March 25, 2011
Professional	Moderator – 5th Annual NC EPI Teams conference (Contact: Lauren Bradley).	May 19, 2008
Professional	Continuing Education and Training Advisory Committee for Public Health Social Workers (Contact: Terme Levgard).	April 22, 2008
Professional	Board of Advisors, Discovery Learning, Inc.	2005-2008
Professional	Avian Influenza Table Top Exercise Moderator, NC Dept of Agriculture and the NC Department of Public Health, in conjunction with the North Carolina Institute for Public Health. Served as moderator for day-long program.	August 7, 2007
Professional	Public Health Emergency Service Response Team Training: The Behavioral Basis of Leadership, Cultural Flexibility and Cultural Competence. Asheville, NC	July 18 2007
Professional	Fourth Annual North Carolina Epi-Teams Conference. Research Triangle Park, NC. Served as moderator for day-long program.	May 17, 2007
Professional	Leveraging a Team Culture for Maximum Community Impact. The Northeast Iowa Food and Fitness Initiative, WK Kellogg	May 3, 2007

	Foundation sponsored rural community health project. Contact persons: Lora Friest, USDA (lora.friest@ia.usda.gov) and Brenda Ranum, Iowa State University (ranum@iastate.edu).	
Professional	University of Iowa School of Public Health: What it Takes to Be A Great Leader. Contact person: Linda Snetselaar, PhD. (linda-snetselaar@uiowa.edu).	May 2, 2007
Professional	University of Iowa School of Public Health: Student group discussion on leadership. Contact person: Linda Snetselaar, PhD. (lindasnetselaar@uiowa.edu).	May 2, 2007
Professional	University of Iowa School Medicine Keynote Address: Civic Engagement: The Tool Set Technical Training Doesn't Cover. Contact persons: Helen Damon-Moore (helen-damon-moore@uiowa.edu) and Linda Snetselaar, PhD. (lindasnetselaar@uiowa.edu).	May 2, 2007
Professional	How will Avian Influenza Affect North Carolina? Served as moderator for afternoon portion of program. Location: Carroll Hall, UNC-CH.	November 30, 2006
Professional	Executive Development Institute, Kenan Flagler Business School. Leading and Managing: Insights from the CPI 260, Leadership Success and Derailment.	November 2006
Professional	Dana Farber Cancer Institute: Leading and managing while understanding March 2006: personality structures: insights from the MBTI	March 2006
Professional	Technical reviewer for the American Dietetic Association's Sixth edition of the Manual of Clinical Dietetics, 2000 release.	1999-2000
Professional	Behavioral Management of Obesity. North Carolina Dietetic Association state meeting, Greensboro, NC.	June 22, 1999
Professional	Diabetes and Eating Disorders. 3-day Symposium presented by the Sports, Cardiovascular, and Wellness Nutritionists, a practice group of the American Dietetic Association. Cincinnati, Ohio.	March 28, 1999
Professional	Moving Theory into Practice: Strategies for Working with Obese Clients. 3-day Symposium presented by the Sports, Cardiovascular, and Wellness Nutritionists, a practice group of the American Dietetic Association. Cincinnati, Ohio.	March 27, 1999
Professional	Women's health and nutritional & herbal supplements. Conference: Throughout the lifespan: Caring for women's health. Duke University Medical Center, Durham, NC.	March 19, 1999
Professional	Raleigh Dietetic Association: Working non-judgmentally with clients with disordered eating: counseling skills and strategies, Raleigh, NC.	March 16, 1999
Professional	Pre-publication reviewer for Eating Disorders: Putting it All Together. The American Dietetic Association.	1999
Professional	Women's Health Seminar Series: Mother Nature and the Baby Boomer: practical information about natural micronized progesterone, herbal remedies, and vitamins. Duke University Medical Center Continuing Medical Education for Physicians series.	September 23, 1998
Professional	Served as an expert consultant on the Curriculum and Test Item Development Committee, American Council on Exercise	1995-2001

	Lifestyle and Weight Management Consultant Certification Examination (appointed to two consecutive 3-year terms).	
Professional	Reviewer/Advisor: "Supervision Corner", After the Diet Newsletter for Eating Disorder/Disordered Eating Nutrition Therapists. A Better Way Health Consulting, Phoenix, AZ.	1997-2000
Professional	Initiated international Eating Disorders/Disordered Eating Internet Network for registered dietitians and other health professionals working with these clients as an international resource for guidance, support and consultation. Serve as group facilitator for network.	1997-2000
Professional	Diet and Exercise: Solutions or Problems? Practical Advice for the Nutrition Counselor. The American Dietetic Association Annual Meeting (90 minute workshop).	October 28, 1997
Professional	Dieting and Exercise: Solutions or Problems? Major session presented at the annual American Dietetic Association Meeting, Boston, MA. Presented with Janet Polivy, PhD.	October 1997
Professional	Dieting: The On Ramp to the Disordered Eating Highway, day-long symposium presented by the Sports, Cardiovascular, and Wellness Nutritionists, a practice group of the American Dietetic Association.	June 28, 1997
Professional	Obesity: The Continuum of Care, at the North Carolina Dietetic Association state meeting, two hour presentation.	June 27, 1997
Professional	Healing Foods and Vitamins: What Every Health Care Practitioner Needs to Know, at the <i>Alternative Therapies in Health Care</i> continuing education program sponsored by the Wake Area Health Education Center, Jane S. McKimmon Center, Raleigh, NC,. 90 minute presentation.	May 2, 1997
Professional	Diets and Health: Facts and Fallacies of Fad Diets, at the <i>Alternative Therapies in Health Care</i> continuing education program sponsored by the Wake Area Health Education Center, Jane S. McKimmon Center, Raleigh, NC, Ninety minute workshop.	May 2, 1997:
Professional	Update on Obesity Management, Wake Medical Education Institute, Wake Medical Center, Sponsored by the Wake Area Health Education Center and the School of Pharmacy, University of North Carolina at Chapel Hill. Two hour presentation.	October 23, 1996
Professional	Served as committee member, Nutrition Leadership Council, NC Prevention Partner; NC-state wide public health effort to improve the nutritional status of North Carolinians.	1996
Professional	Pre-publication reviewer for "Obesity: Guidance for Treatment" for health care providers, created by Shape Up America (C. Everett Koop, MD, Chairman, Barbara J. Moore, Ph.D., President) and the American Obesity Association, (Richard Atkinson, MD, President, and Judith S. Stern, Sc.D, Vice-President).	September 1996
Professional	Appointed to 3-year term of Lifestyle and Weight Management Consultant Certification Advisory Committee, American Council on Exercise, San Diego, CA.	1995-1997
Professional	Appointed to Nutrition Services Payment Systems Disordered Eating Sub-Committee Chair, 3-year term. The Sports,	1995-1998

	Cardiovascular, and Wellness Nutritionists, a practice group of the American Dietetic Association.	
Professional	Appointed to Alliance Team Disordered Eating Sub-Committee Chair, 3-year term. The Sports, Cardiovascular, and Wellness Nutritionists, a practice group of the American Dietetic Association.	1995-1998
Professional	Appointed to Technical Resource Advisory Committee, Disordered Eating Sub Committee Chair, 3-year term. The Sports, Cardiovascular, and Wellness Nutritionists, a practice group of the American Dietetic Association.	1995-1998
Professional	Served as a weight management and nutrition expert on the 1993-94 Weight Control Task Force to the North Carolina Board of Dietetics and Nutrition. Task force guidelines were later adopted into NC State Law 1995: NC was the first state in the nation to regulate the weight loss industry.	1993-1994

COMMUNITY SERVICE

Service Category	Description	Dates served
Community	Read-A-Thon fundraiser: Northside Elementary. Created and implemented K-5 motivational reading program which doubled previous revenue generation records. Collectively students read more than 700,000 minutes in the 10-day read-a-thon challenge. Volunteer time: 200+ hours.	2014-2015
Community	Co-Chair, Parent Advocacy Committee, CSHCN, Chapel Hill Head Start, Ephesus Elementary School.	Aug 2009-May 2010
Community	Building a Healthy Lifestyle. 2-hour healthy nutrition program given twice yearly at Fuqua School of Business, Duke University.	1996-2007
Community	Taking Control of Your Diabetes: Intuitive Eating and Stopping the Diet Cycle. Education lecture given at non-profit educational conference and health fair. Raleigh Convention Center, Raleigh, NC.	September 1999
Community	Nutrition Leadership Council, NC Prevention Partners; NC-state wide public health effort to improve the nutritional status of North Carolinians. Presented Obesity prevention in the 21st Century: helping communities have healthy lifestyles.	November 4, 1998
Community	Women's Health Seminar Series: Mother Nature and the Baby Boomer: practical information about natural micronized progesterone, herbal remedies, and vitamins. Duke University Medical Center Continuing Medical Education for Physicians series.	September 23, 1998
Community	Taking Control of Your Diabetes: Intuitive Eating and Stopping the Diet Cycle. Education lecture given at non-profit educational conference and health fair. McKimmon Conference Center, Raleigh, NC.	Nov. 21, 1988