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## **EDUCATION**

- 2000-2003      **University of North Carolina at Chapel Hill, Chapel Hill, NC**  
Public Health Leadership, Health Policy and Administration, DrPH
- 1986-1988      **Boston University, Boston, MA**  
Sargent College of Health Sciences, M.S.  
Clinical Nutrition,
- 1982-1986      **Miami University, Oxford, OH**  
College of Home Economics, B.S.  
Dietetics & Nutrition

## **Non-Degree Professional Training**

- 1994-1995      **University of North Carolina at Chapel Hill, Chapel Hill, NC**  
Continuing graduate education in psychology, GPA: 4.0  
Curriculum focus: Clinical Psychology
- 1994              **Institute for Health Psychology, Durham, North Carolina/San Diego, CA**  
Hypnotherapy for the Medically Ill: Certificate  
Completed 40-hour training program under the direction of Dr. James Spira
- 1990              **New England Deaconess Hospital, Boston, MA**  
The Institute of Behavioral Medicine  
Trained in the use of The Relaxation Response and behavioral treatment  
techniques under the direction of Dr. Herb Benson.
- 1988-1991      **Harvard University Extension School, Cambridge, MA**  
Continuing graduate education in psychology  
Curriculum focus: 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 for business, Discovery Learning, Inc.  
The Discovery Learning 360 for 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, IDI, LLC  
ICI: Intercultural Conflict Inventory, IDI, LLC  
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.  
The Poverty Simulation, University of Missouri.  
The DRiV Leadership Assessment, Leadership Worth Following, LLC

## PROFESSIONAL EXPERIENCE

### Academic Appointments and Project Leadership Appointments

2023—present	Associate Chair, Diversity, Equity, Inclusion & Belonging (Interim); Department of Maternal and Child Health, Gillings School of Global Public Health, The University of North Carolina at Chapel Hill, Chapel Hill, NC
2023—present	Co-Director, Workforce Development, Translational and Clinical Sciences Institute, University of North Carolina at Chapel Hill, Chapel Hill, NC.
August 2022-present	Clinical Full Professor, Department of Maternal and Child Health, Gillings School of Global Public Health, The University of North Carolina at Chapel Hill, Chapel Hill, NC.
Mar 2017-July 2022	Clinical Associate Professor, Department of Maternal and Child Health, Gillings School of Global Public Health, The University of North Carolina at Chapel Hill, Chapel Hill, NC.
Nov 2015-present	Co-PI, Co-Director, Clinical Scholars National Leadership Program, sponsored by the Robert Wood Johnson Foundation. Direct, 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.
Feb 2015-present	Adjunct Assistant Professor, The Department of Agricultural & Extension Education, North Carolina State University, Raleigh, NC.

- May 2009-Feb 2017 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.
- Nov 2007-present Director, Leadership Core, The Food Systems Leadership Institute (FSLI), North Carolina State University. Ongoing development of leadership and Equity/Diversity/Inclusion curricula for residential and distance components of fellowship targeted to upper-level university administration for Association of Public and Land Grant (APLU) affiliated institutions of higher education. Serve as individual leadership coach to Fellows, serve as faculty in onsite and distance learning program. Program has served Fellows across the US, Canada and Singapore coming from both public and private universities.
- July 2007-Apr 2009 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.
- Sep 2005-present Director, American College of Obstetricians and Gynecologists Robert C. Cefalo National Leadership Institute. Direct program, developed curricula for fellowship targeted to district and national 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. Program serves a global audience across twelve countries.
- July 2005-July 2007 Director, New Business Development, Office of Executive Education, the North Carolina Institute for Public Health. University of North Carolina at Chapel Hill. 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.
- Feb 2005-Nov 2007 Director, Leadership Core, The Food Systems Leadership Institute (FSLI), Office of the President—UNC Systems, University of North Carolina at Chapel Hill. Developed curricula for residential and distance components of fellowship targeted to University Administration of National Association of State Universities and Land Grant Colleges (NASULGC)-affiliated Public and Land Grant Colleges. Serve as individual leadership coach to Fellows, serve as faculty in onsite and distance learning program. Sponsored by the WK Kellogg Foundation.
- Feb 2004-Jul 2005 Director Southeast Public Health Leadership Institute (SEPHLI). North Carolina Institute for Public Health, University of North Carolina at Chapel Hill. 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 distance-based sessions for senior leaders. Topics include career management, creating organizational culture, leading and managing a team, managing difficult conversations, communication issues, understanding instrument feedback, crisis communications, EDI, etc., serving in programs nationwide and globally.

- Nov 2003-Jan 2005 Director, W.K. Kellogg Fellowship for Emerging Leaders in Public Health, North Carolina Institute for Public Health, University of North Carolina at Chapel Hill. Created curriculum and directed fellowship for inaugural cohort, served as faculty and executive coach in program. Partnered with the Kenan Flagler Business School. Sponsored by the W.K. Kellogg Foundation.
- Feb 2003-Mar 2005 Evaluation Specialist, NC Institute for Public Health, University of North Carolina at Chapel Hill.
- May 2002-Feb 2004 Director of Certificate Programs, North Carolina Institute for Public Health, School of Public Health, University of North Carolina at Chapel Hill. Additional responsibilities included serving as the Educational Media Evaluation Specialist.
- Aug 2001-Sept 2004 Coach and Business Plan Advisor, National Public Health Leadership Institute, North Carolina Institute for Public Health, School of Public Health, University of North Carolina at Chapel Hill. Action Learning Leadership Coach (2001); Management Academy for Public Health—Business Plan Advisor (2001-2004).
- May 2001-Sept 2003 Evaluator, *A Su Salud!* Interactive web-based Medical Spanish for healthcare providers, Office of the Provost, The University of North Carolina at Chapel Hill, Chapel Hill, NC.
- Nov 2001-May 2002 Strategic planner/consultant, North Carolina 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.
- Sept 2001-Dec 2002 Partner, Plaisted, Short, & Pavlica Consulting, LLC. Health care consulting firm, Chapel Hill, NC.
- May 2000-July 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, 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.
- July 2000-Aug 2001 Clinical Assistant Professor, Content Specialist, Nutrition In Medicine®/ Medical Nutrition Curriculum Initiative, Department of Nutrition, The University of North Carolina at Chapel Hill, Chapel Hill, NC. Stepped back from directorship of project to start attending my doctoral program.
- Nov 1997-June 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.

- July 1992-Nov 1997 Clinical Research Analyst, Nutrition Therapist, Sarah W. Stedman Center for Nutritional Studies, Duke Center for Living, Duke University Medical Center, Durham, NC.
- June 1991-July 1992 Owner and President, Nutra Visions, Nutrition Care, Research and Marketing Consultation Services, Columbus, Ohio.
- Mar 1989-June 1991 Director of Education, Research Associate, Center for the Study of Nutritional Medicine, New England Deaconess Hospital, affiliated with Harvard Medical School, Boston, Massachusetts.
- Aug 1987-Feb 1989 Research Assistant, Nutrition Counselor, Nutrition Coordinating Center, New England Deaconess Hospital, Boston, Massachusetts.

### External Projects

- October 2011-present Faculty, FastTrack Leadership Inc. A closely held consulting corporation; *WeTrainLeaders.com*. This organization provides leadership development and coaching services to private sector and academic organizations.

### AWARDS AND HONORS

- 2020 Profiled in *Women of LeadHERship – Interview Series*, May 2020 by MHS.com in <https://mhs.com/women-of-leadership-interview-series/> about women and the glass ceiling affecting career trajectory.
- 2020 Profiled in the Women and the Glass Ceiling [https://www.hr.com/en/magazines/leadership\\_excellence\\_essentials/may\\_2020\\_leadership/](https://www.hr.com/en/magazines/leadership_excellence_essentials/may_2020_leadership/) And in the <https://mhs.com/blog> posting, for HR.COM and Multi Health Systems, Inc.
- 2020 Nominated for the Barr Distinguished Alumni Award, Gillings School of Global Public Health, 2020.
- 2017 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, in partnership with ACOG, February 2017.
- 2016 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.
- 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 North Carolina State University, February 2016.
- 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](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/>.

- 2015 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.
- 1999 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.
- 1999-2000 Junior Faculty Development Award, University of North Carolina at Chapel Hill, Chapel Hill, NC, 1999-2000.
- 1999 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.
- 1990 “Recognition of Excellence” Certification given to the following papers presented at the 6th International Congress on Obesity, Kobe, Japan for: 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.
- 1990 “Recognition of Excellence” Certification given to the following papers presented at the 6th International Congress on Obesity, Kobe, Japan for: 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.

## MEMBERSHIPS

- 2012-present Academy of Nutrition and Dietetics  
2011-present Association of Maternal and Child Health Programs  
2000-2007 American Public Health Association  
1992-present North Carolina Dietetic Association  
1986-2011 American Dietetic Association

Licensed to practice nutrition in the state of North Carolina: Professional License #L000972

## BIBLIOGRAPHY

### Books and Chapters

#### Books in Development:

*From Clinical Practice to Public Health Applications: the Successful, Sustainable and Scalable Outcomes of the Clinical Scholars Program. Volume Editors: Claudia S. P. Fernandez, DrPH, MS, RD, LDN & Giselle Corbie, MD, MSc. In Tech Publishers. Publication Date: 2024*

#### Books

1. **Fernandez CSP**, Corbie-Smith G. Community Based Changes in the Culture of Health in the US: Experiences in Developing the Team and Impacting the Community, Fernandez CSP and Corbie-Smith, G, Eds. ISBN: 978-1-80355-153-1 In Tech Publishers, London. E-pub date September 8, 2021. Note: This book is free to download as part of our no-cost dissemination plan: <http://www.intechopen.com/books/leading-community-based-changes-in-the-culture-of-health-in-the-us-experiences-in-developing-the-team-and-impacting-the-community>
2. **Fernandez C**, Fernandez R. It-Factor Leadership: Become A Better Leader in 13 Steps. Chapel Hill, NC: FastTrack Leadership; 2014. (371 pages).
3. Feinglos M, **Plaisted CS**. Eating well, living well with diabetes. New York: Viking Press; 1997. (176 pages).

#### Book Chapters

#### Awaiting Publication:

1. Upshaw V, Rice D, Cipriani K, **Fernandez CSP**. (2022) Equity, Diversity and Inclusion in Public Health Practice. In: Shi L, Johnson, JS, editors. Novick and Morrow's Public health administration: Principles for Population Based Management. 4<sup>th</sup> ed. Sudbury, MA: Jones and Bartlett Publishers, *anticipated date: spring 2022 textbook addition*.

#### Published:

2. **Fernandez CSP**, Corbie-Smith G. (2021). A New Approach to Developing Leadership for Cross-Sector, Community-Based Change. In: Fernandez CSP, Corbie-Smith G, editors. Leading Community Based Changes in the Culture of Health in the US: Experiences in Developing the Team and Impacting the Community. InTech Publishers, London. *September 2021.p.1-8*. <http://mts.intechopen.com/articles/show/title/introductory-chapter-a-new-approach-to-developing-leadership-for-cross-sector-community-based-change>
3. **Fernandez CSP**, Corbie-Smith G, Green M, Brandert K, Noble C; Dave G. (2021) Clinical Scholars National Leadership Institute: Effective Approaches to Leadership Development. In: Fernandez CSP, Corbie-Smith G, editors. Leading Community Based Changes in the Culture of

- Health in the US: Experiences in Developing the Team and Impacting the Community. InTech Publishers, London; *September 2021*. p 9-28. <http://mts.intechopen.com/articles/show/title/clinical-scholars-effective-approaches-to-leadership-development>
4. Brandert K, Corbie-Smith G, Berthiaume R, Green M, **Fernandez CSP**. (2021). Clinical Scholars: Making Equity, Diversity and Inclusion Learning an Integral Part of Leadership Development. In: Fernandez CSP, Corbie-Smith G, editors. Leading Community Based Changes in the Culture of Health in the US: Experiences in Developing the Team and Impacting the Community. InTech Publishers, London; *September 2021* p.29-50. <http://mts.intechopen.com/articles/show/title/clinical-scholars-making-equity-diversity-and-inclusion-learning-an-integral-part-of-leadership-deve>
  5. Gaurav D, Noble C, Chandler C, Corbie-Smith G, **Fernandez CSP**. (2021). A Comprehensive Evaluation Approach to Assess Leadership Training Outcomes. In: Fernandez CSP, Corbie-Smith G, editors. Leading Community Based Changes in the Culture of Health in the US: Experiences in Developing the Team and Impacting the Community. InTech Publishers; *September 2021*. P51-66. <http://mts.intechopen.com/articles/show/title/clinical-scholars-using-program-evaluation-to-inform-leadership-development>
  6. **Fernandez CSP**, Steffen D, Upshaw, V. (2020) Leadership for public health. In: Shi L, Johnson, JS, editors. Novick and Morrow's Public health administration: Principles for Population Based Management. 4<sup>th</sup> ed. Sudbury, MA: Jones and Bartlett Publishers.
  7. Upshaw V, Rice D, Cipriani K, **Fernandez CSP**. (2020) Equity, Diversity and Inclusion in Public Health Practice. In: Shi L, Johnson, JS, editors. Novick and Morrow's Public health administration: Principles for Population Based Management. 4<sup>th</sup> ed. Sudbury, MA: Jones and Bartlett Publishers, *virtual appendix*.
  8. **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, 3<sup>rd</sup> ed. Boca Raton, FL: CRC Press; July 22, 2013. p. 403-434.
  9. **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. 3<sup>rd</sup> ed. Sudbury, MA: Jones and Bartlett Publishers; July 15, 2013. p. 241-65.
  10. **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 over 15,000 worldwide by November 2020.***
  11. **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. 23-29.
  12. **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. 31-35.
  13. **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. 45-49.



14. **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.
15. **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. 71-74.
16. **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. 146-149.
17. 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. 281-296.
18. **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. 2<sup>nd</sup> ed. Boca Raton, FL: CRC Press; 2007. p. 801-829.
19. **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. 110-140.
20. **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. 801-832.
21. **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. 120-147.
22. **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.
23. **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.
24. Kosich D, **Plaisted CS**, Molloy M, Stellefson 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. 213-247.
25. **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.

### Peer-Reviewed Publications

*\*Student led or collaborated paper*

**In preparation:**

1. **Fernandez, CSP**; Noble C; Corbie, G. Exploring Organic network development: Developments in an Equity Centered Leadership Development Program leading to Impact, Sustainability and Scalability.
2. **Fernandez, CSP**; Noble C; Garman, L\*; Corbie, G. Consistency and Predictability of Leadership Development Outcomes Across Different Target Groups: A Study of Reproducibility Across Four Leadership Development Programs.
3. **Fernandez, CSP**; Noble C; Garman, L\*; Mathura E\*. A comparison of leadership development and skill building in physicians: comparison with a control group.
4. Fernandez CSP; Hayes C\*; Adatsi G\*; Noble CC; Abel-Shoup M; Connolly A. Comparing Virtual vs. In-person Leadership Training in Physician Cohorts: a 6-month follow. *In preparation.*
5. Fernandez CSP; Brander K; Hayes C\*; Adatsi G\*; Noble CC; Abel-Shoup M; Connolly A. Comparing the “Stickiness” of Equity-Centered Leadership Training for Physicians at 6-Months Post Program in Virtual vs. In-person Settings. *In preparation.*

**Submitted:**

1. Taylor MM, **Fernandez CSP**, Dave GJ, Brandert K, Larkin S\*, Mollenkopf K\*, Corbie G. Implementing Measurable Goals for Diversity, Equity and Inclusion in CTSA Leadership. *Accepted: Equity in Education & Society*, January 2023.
2. Fernandez CSP; Hayes C\*; Adatsi G\*; Noble CC; Abel-Shoup M; Connolly A. Comparing Virtual vs. In-person Leadership Training in Physician Cohorts. *Journal of Healthcare Leadership* (submitted March 2023)

**Accepted, awaiting publication:**

**Published:**

1. Monica M Taylor, Ph.D., MPH1, Claudia SP Fernandez, DrPH2, Gaurav Dave, M.D., DrPH, MPH, Kathleen Brandert, MPH, Suzanna Larkin, Katherine Mollenkopf, Giselle Corbie, M.D., M.Sc. Implementing measurable goals for diversity, equity, and inclusion in Clinical and

Translational Science Awards leadership. *Equity in Education & Society* (Online First).  
<https://doi.org/10.1177/27526461231159920> February 2023

2. Fernandez CSP; Taylor MM, Dave G, Brandert K, Mollenkopf K, Larkin S, Corbie G. Accelerating diversity, equity, and inclusion goals: a qualitative assessment from the lens of scientists at the 2020 Clinical Translational Science Awards Annual Meeting. *Journal of Clinical and Translational Science*, Vol 7, Issue 1, 2023, e35. DOI: <https://doi.org/10.1017/cts.2022.516>. Published online by Cambridge University Press: **07 December 2022**
3. Corbie G, Brandert K, **Fernandez CSP**, Noble CC. (2022). Leadership development to advance health equity. *Academic Medicine*. *Academic Medicine*. Vol. 97, No. 12, [10.1097/ACM.0000000000004851](https://doi.org/10.1097/ACM.0000000000004851)
4. Henry E\*, Walker MR\*, Noble CC, **Fernandez CSP**, Corbie-Smith G, Dave G. (2022). Using a Most Significant Change Approach to Evaluate Learner-Centric Outcomes of Clinical Scholars Leadership Training Program. *Evaluation and Program Planning*. Volume 94, October 2022, 102141 <https://doi.org/10.1016/j.evalprogplan.2022.102141>
5. **Fernandez CSP**, Noble CC, Chandler C\*, Henry E\*, Garman L\*, Green M, Dave G, Corbie G. (2022). Equity-Centered Leadership Training found to be both relevant and impactful by interprofessional teams of healthcare clinicians: recommendations for workforce development efforts to update leadership training. October 6, 2022: *Consulting Psychology Journal 2022*. <https://psycnet.apa.org/fulltext/2023-07464-001.html>;  
<https://doi.org/10.1037/cpb0000239>
6. Corbie G, Brandert K, Noble CC, Henry E\*, Dave G, Berthiaume Rk Green M, **Fernandez CSP**. (2022). Advancing Health Equity Through Equity-Centered Leadership Development with Interprofessional Healthcare. *J. Gen Internal Medicine*. DOI: 10.1007/s11606-022-07529-x [Advancing Health Equity Through Equity-Centered Leadership Development with Interprofessional Healthcare Teams - PubMed \(nih.gov\)](https://doi.org/10.1007/s11606-022-07529-x) December 2022;  
<https://pubmed.ncbi.nlm.nih.gov/35657467/>
7. **Fernandez CSP**; Lia Garman L\*; Noble CC; Donald K; Singer SE \*; Dave GJ; Corbie G. (2022). Developing “Cohortness” in leadership programs operating in the virtual environment. Submitted to the *American Journal of Distance Education*, Published online open-access April 11, 2022. 10.1080/08923647.2022.2057091
8. **Fernandez CSP**, Corbie G. (2021). Clinical Scholars: Six Core Conclusions for Training Healthcare Professionals as Leaders Impacting Unbounded Systems. Invited and competitively selected manuscript for special edition. *Journal of Leadership Studies*. Vol 15(3) p 1-8. DOI:10.1002/jls.21785. Manuscript ID - JLS-21-0177
9. **Fernandez CSP**, Esbenshade K, Reilly C, Martin LC. (2021). Career Trajectory in Academic Leadership: Experiences of Graduates of the Food Systems Leadership Institute. *Journal of Leadership Education*, Vol 20, Issue 3 DOI:10.12806/V20/I3/R4. P 75-84.
10. **Fernandez CSP**, Noble CC, Garman L\*. (2021). A qualitative analysis of MCH PHLI leaders: Assessing the application of leadership skills at the “Others” and “Wider Community” levels of

the MCH Leadership Competencies 4.0. *Matern Child Health J* (2021) 25:1437-1446. DOI: 10.1007/s10995-021-03134-2

11. Schantz J\*; **Fernandez CS**; Jukic AM. (2021). A Literature Review on Menstrual Cycle Tracking Applications in Research. *Annals of Epidemiology*. Vol 8, pages9–19(2021).
12. **Fernandez CSP**, Green M, Noble CC, Brandert K, Donald K, Walker MR\*, Henry E\*, Rosenberg A, Dave G, Corbie-Smith G. (2021). Training “pivots” from the pandemic: a comparison of the Clinical Scholars Leadership Program in-person vs. virtual synchronous training. *Journal of Healthcare Leadership* 17 February 2021 Volume 2021:13 Pages 63—75 DOI: <https://doi.org/10.2147/JHL.S282881>  
\*NOTE: **this paper received special notification from the Journal in that it registered a total view count of 1,051 in the first four weeks after publication and 3827downloads after 52 weeks of publication.**  
[https://www.dovepress.com/articles.php?article\\_id=62216&l=pUkvdMTqzXl7sxDQa4EKOnBjl062656](https://www.dovepress.com/articles.php?article_id=62216&l=pUkvdMTqzXl7sxDQa4EKOnBjl062656).
13. **Fernandez CSP**, Noble CC, Garman L\*. (2021). Examining individual leader development: A qualitative analysis of the Maternal and Child Health Public Health Leadership Institute (MCH PHLI). *Matern Child Health J*, (2021) 25, pages1094–1101. DOI: <https://link.springer.com/article/10.1007/s10995-020-03107-x> <https://rdcu.be/ccYJz>
14. Rosenberg A, Zuver D, Kermon S, **Fernandez C**, Margolis L. (2018). Reflections on the contributions of self-advocates to an interdisciplinary leadership development program for graduate students in health affairs, *Disability and Health Journal* [Volume 11, Issue 2](#), April 2018;11(2);pg 293-297. <https://doi.org/10.1016/j.dhjo.2017.09.002>.
15. **Fernandez CSP**, Noble C, Jensen E. (2017). An examination of the self-directed online leadership learning choices of public health professionals: the MCH PHLI experience. 2017. *J Public Health Manag Pract*. Sep/Oct 2017;23(5):454-460.DOI: [10.1097/PHH.0000000000000463](https://doi.org/10.1097/PHH.0000000000000463)
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### Digital and other novel forms of scholarship

#### 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 housed at the University of North Carolina at Chapel Hill**

*The below 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, the MCH Leadership Consortium Leadership Education for Neurodevelopmental Disability (LEND)2010-2016 (an interdisciplinary MCH leadership training program for pre-clinical students). 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 (J Public Health Manag Pract. Sep/Oct 2017;23(5):454-460.DOI: [10.1097/PHH.0000000000000463](https://doi.org/10.1097/PHH.0000000000000463)). All the following titles were posted behind a firewall with registration and log in required:*

1. **Fernandez CSP**, Steffen DP. (2012). Adaptive Leadership. Online at: [http://media.sph.unc.edu/adobe/mhch790/adaptive\\_leadership/](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/](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/](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](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](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](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](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](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](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](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](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](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](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](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](http://media.sph.unc.edu/adobe/mhch790/behavioral_event_interview/viewer.swf).

### **Leadership and management digital media housed in the private sector**

*The below programs are currently used in several national and regional leadership training institutes and by multiple university faculty development programs, including medical school faculty programs. All the following titles are posted behind a firewall with registration and log in required:*

1. **Fernandez CSP, Fernandez RT.** Hiring a Diverse Workforce: Strategies for Success (2021). [www.WeTrainLeaders.com/library](http://www.WeTrainLeaders.com/library)
2. **Fernandez CSP, Fernandez RT.** Gender diversity modules (2021). [www.WeTrainLeaders.com/library](http://www.WeTrainLeaders.com/library)
3. **Fernandez CSP, Fernandez RT.** (2020) Coping with COVID-19: Leading, managing, surviving and thriving in turbulent times. [www.WeTrainLeaders.com/library](http://www.WeTrainLeaders.com/library)
4. **Fernandez CSP, Fernandez RT** (2019). Understanding Disinformation, Disruption, and Reputational Attacks. [www.WeTrainLeaders.com/library](http://www.WeTrainLeaders.com/library).
5. Fernandez RT, **Fernandez CSP.** (2018). Creating an Environment of Accountability [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
6. Rosenberg, A. Fernandez RT, **Fernandez CSP.** (2018). Succession Planning 101. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
7. Fernandez RT, **Fernandez CSP.** (2017). Mentoring and Coaching Essentials. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
8. Fernandez RT, **Fernandez CSP.** (2016). Strategies for Getting Your Message Across [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
9. **Fernandez CSP, Steffen DP, Fernandez RT.** (*in press, 2016*). Strategies for Building a Learning Organization. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library)



10. **Fernandez CSP**, Roberts D, Fernandez RT. (2016). Enhancing Negotiation Skills: 5 Tools to Build Influence [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
11. Fernandez RT, **Fernandez CSP**. (2015). GroupThink Leads to Disaster: saving yourself from derailment by creating thought diversity on your team. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
12. 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](http://www.wetrainleaders.com/library).
13. **Fernandez CSP**, Fernandez RT. (2013). Emotional Intelligence: Why EQ is Critical to Your Success. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
14. Fernandez RT, **Fernandez CSP**. (2013). Growing your EQ: Strategies for Promoting your Emotional Intelligence. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
15. **Fernandez CSP**, Fernandez RT. (2013). The Powerful Apology: Seven Factors to Consider in making it right when mending relationships. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
16. **Fernandez CSP**, Fernandez RT. (2013). Build your Bench: 11 Strategies to building a Great Team (2012) [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
17. Fernandez RT, **Fernandez CSP**. (2013). Communication Strategies for High Stress and Crisis Situations. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
18. **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](http://www.wetrainleaders.com/library).
19. 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](http://www.wetrainleaders.com/library).
20. **Fernandez CSP**, Fernandez RT (2013). Perfect Persuasion: How S.P.I.N. Selling Can Help You Sell Your Ideas. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
21. Suarez V, Steffen DP, **Fernandez CSP**, Fernandez RT. (2013). Cultural Competence: Understanding how diverse groups function. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
22. Fernandez RT, **Fernandez CSP**. (2013). Finding the Keys to Creative Innovation on Your Team. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
23. **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](http://www.wetrainleaders.com/library).
24. **Fernandez CSP**, Fernandez RT. (2012). Peer Coaching: no cost strategies to promote employee development and strengthen internal peer networks. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
25. **Fernandez CSP**, Fernandez RT. (2012). Mastering the Behavioral Event Interview: Interview Smart, Hire Smart. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).

26. **Fernandez CSP**, Fernandez RT. (2012). Leadership Success & Derailment. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
27. **Fernandez CSP**, Steffen DP, Fernandez RT. (2012). Adaptive Leadership: An Essential Tool for 21<sup>st</sup> Century Leaders—a path to leading others through complex decisions and challenges to success and collaborative outcomes. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).
28. Fernandez RT, **Fernandez CSP**. (2012). Turning Mission Critical into Mission Accomplished: the essentials of employee engagement. [www.wetrainleaders.com/library](http://www.wetrainleaders.com/library).

#### Published Note or Presented Abstract

1. “Training Clinicians as Leaders to Build a Culture of Health: An Evaluation of Change in Leadership Competencies”. Ignite Presentation. Chandler CE\*, Noble C, Corbie-Smith G, **Fernandez CSP**, Dave G. Submitted to American Evaluation Association Conference. Minneapolis, MN. November 11-16, 2019.
2. “Case Study of a Comprehensive Evaluation Approach for a Change Leadership Training Program to Address Complex Health Issues.” Ignite Presentation. Noble C, Chandler CE, Corbie-Smith G, **Fernandez CSP**, Dave G. Submitted to American Evaluation Association Conference. Minneapolis, MN. November 11-16, 2019. *submitted*
3. Chandler, C.E\*., Noble, C., Berthiaume, R., **Fernandez, C.**, Corbie-Smith, G., Dave, G. (November 2018). Clinical Leadership in Public Health: Evaluation of Leadership Competencies to Promote a Culture of Health. Presented at American Evaluation Association Conference, Cleveland, OH.
4. Cheryl Noble, **Claudia S. P. Fernandez**; Michelle Abel-Shoup, Giselle Corbie-Smith, Caroline Chandler, Gaurav Dave. Clinical Scholars: Equipping Clinicians with Transformational Leadership Training to Address Complex Health Issues. Presented at the 3rd International Conference on Reproductive Health and Medicine, Vienna, Austria. May 21, 2018. *Reprod Syst Sex Discord* 2018, Vol 7| DOI: 10.417212161-038X-C1-008.
5. **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).
6. 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, June 5, 2004 and 2004 Annual Research Meeting. June 6, 2004. San Diego, CA.
7. 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. November 10, 2004. Abstract #80836. San Francisco, CA.
8. **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. November 17, 2003. Abstract #81521. San Francisco, California.

9. **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. November 17, 2003. San Francisco, California.
10. **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.
11. **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.
12. 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.
13. **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.
14. **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.
15. 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.
16. 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.
17. **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.
18. **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.
19. Lin PH, **Plaisted CS**, Bales CW. A brief taste acuity test for use in geriatric nutrition assessment. *J Am Coll Nutr* 1992;11:604.
20. **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. October, 1991. Sacramento, California.
21. 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. October, 1991. Sacramento, California.

22. **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. Paper presented at the 6th International Congress on Obesity, Kobe, Japan. Received Recognition of Excellence Certification.
23. **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. Paper presented at the 6th International Congress on Obesity, Kobe, Japan. Received Recognition of Excellence Certification.
24. Istfan NW, **Plaisted CS**, Bistran BR, Blackburn GL. Insulin resistance vs. insulin secretion in obese hypertensive patients. Presented (oral) at American Federation of Clinical Research, Washington DC, 1990 and published in *Clinical Research*. 1990 Vol 38(2).
25. 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) 1989.
26. 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.

### Novel forms of Scholarship

1. Fernandez AS; **Fernandez CSP**; Fernandez RT. Wicked Lies—A Game of Manipulations and Lies. This web-based game teaches participants to identify logical fallacies that are intended to manipulate, mislead, discredit another or inflame a situation. Game prototype debuted at the Food Systems Leadership Institute Cohort 14 Winter Retreat at the Ohio State University and at the Clinical Scholars National Leadership Institute Spring 2019 Annual Program.

### Refereed Research Papers and Keynotes Presented at Conferences

1. **Anesthesiology Grant Rounds, School of Medicine, University of North Carolina at Chapel Hill: How applying *Adaptive Leadership* to Wicked Problems of Health Disparity led Clinical Scholars to achieve the impossible**
2. **Keynote Address: *The Psychology of Critical Thinking: Tools, Tips and Techniques to help you think at your best.*** Presented at the *Council on Resident Education in Obstetrics and Gynecology* (CREOG) & Association of Professors of Gynecology & Obstetrics (AGPO) Annual Meeting 2020 — Orlando, Florida, February 27, 2020.
3. **Keynote Address: International Pediatrics Conference.** Venice, Italy, November 11-12, 2019. Leadership Skills Training for Healthcare Professionals: Serving Maternal Health and Pediatric

Audiences. **Claudia S.P. Fernandez**, DrPH, MS, RD, LDN; Cheryl Noble, MSW, MSPH; Michelle Abel-Shoup, BA; Kathleen Brandert, MPH; Giselle Corbie-Smith, MD, MSc.

4. **Keynote Address: 3rd International Conference on Reproductive Health and Medicine.** Vienna, Austria. May 21, 2018. Developing Doctors: The effectiveness of a physician leadership institute on participant skills and professional association leadership. Claudia S. P. Fernandez DrPH; Cheryl Noble, MSW, MSPH; Michelle Abel-Shoup, BA.
5. Cheryl Noble, **Claudia S. P. Fernandez**; Michelle Abel-Shoup, Clinical Scholars: Equipping Clinicians with Transformational Leadership Training to Address Complex Health Issues. Presented at the 3rd International Conference on Reproductive Health and Medicine, Vienna, Austria. May 21, 2018.
6. **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, St. Louis, MO. October 13, 2015.
7. **Fernandez CSP**, Anzola K, Estrada L. Creating effective partnerships: how to build capacity without dollars. Association of Maternal Child Health Programs (AMCHP) annual meeting, March 8, 2010.
8. **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, March 8, 2010.
9. **Fernandez CSP**, Great leaders build great organizations: 10 steps to building your team. AAGL Annual meeting, Orlando FL, November 18, 2009.
10. **Fernandez CSP**, Brandert KT. Building your organization through mentoring and peer coaching. City MatCH, August 23, 2009.
11. **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](mailto:helen-damon-moore@uiowa.edu)) and Linda Snetselaar, PhD. ([linda-snetselaar@uiowa.edu](mailto:linda-snetselaar@uiowa.edu)) May 2, 2007.
12. Invited Presentation: Behavioral Management of Obesity. North Carolina Dietetic Association state meeting, Greensboro, NC. June 22, 1999
13. Invited Presentation: 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.
14. Invited Presentation: Raleigh Dietetic Association: Working non-judgmentally with clients with disordered eating: counseling skills and strategies, Raleigh, NC. March 16, 1999.

#### **Other Invited Presentations, not otherwise specified**

1. Nebraska Association of Local Public Health Directors, The Behavioral Event Interview, Omaha, NE. September 5, 2019.
2. ACOG District VII Leadership Retreat, Nassau, The Bahamas. February 22-27, 2019.

3. North Dakota State University Leadership Intensive Day Long Retreat, Creating Innovative and Accountable Organizations, March 18th 2016. Fargo, ND. March 18, 2016.
4. ACOG District V Day Long Leadership Retreat, Las Vegas, NV. February 26, 2016.
5. ACOG District VI Day Long Leadership Retreat, Las Vegas, NV. February 25, 2016.
6. Perfect Persuasion (webinar), The Food Systems Leadership Institute. September 17, 2015.
7. Great Plains Public Health Leadership Institute webinar: Adaptive Leadership: the essential introduction. June 10, 2015.
8. North Dakota State University Creating Organizational Culture and Leading Culture Shifts. March 16, 2015.
9. North Dakota State University, Presentation to the President’s Cabinet on “The Dangers of Groupthink”, Fargo, ND. March 16, 2015.
10. ACOG Junior Fellow Section Officer Leadership Development Program: Managing Difficult Conversations: 12 Surprisingly Simple Strategies. Washington, DC. March 7, 2015.
11. 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
12. Great Plains Public Health Leadership Institute webinar: Understanding Employee Engagement and Workforce Motivation. August 12, 2014.
13. Great Plains Public Health Leadership Institute webinar: Managing Difficult Conversations: the essential tool set. July 15, 2014.
14. North Dakota State University Dealing with Conflict, Managing Difficult Conversations, and Peer Coaching. March 17, 2014.
15. North Dakota State University, Presentation to the President’s Cabinet on “Listening as Powerful Art”, Fargo, ND. March 17, 2014.
16. ACOG District IX Day Long Leadership Retreat, Sacramento, CA. March 15, 2014.
17. North Dakota State University Leadership Intensive Day Long Retreat, Fargo ND, Emotional Intelligence and Managing Conflict. March 15, 2013.
18. North Dakota State University, Presentation to the President’s Cabinet on “The Powerful Apology”, Fargo, ND. March 14, 2013.
19. ACOG District V Leadership Intensive Day Long Retreat, Louisville, KY. April 14, 2012.
20. North Dakota State University Leadership Intensive Day Long Retreat, Fargo ND. March 15, 2012.

21. ACOG District VI Leadership Intensive Day Long Retreat, Austin, TX. February 9, 2012
22. ACOG District III Leadership Intensive Day Retreat, Annapolis, MD. March 25, 2011.
23. Leveraging a Team Culture for Maximum Community Impact. The Northeast Iowa Food and Fitness Initiative, WK Kellogg 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). May 3, 2007.
24. 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.
25. University of Iowa School of Public Health: Student group discussion on leadership. Contact person: Linda Snetselaar, PhD. (lindasnetselaar@uiowa.edu). May 2, 2007.
26. Board of Advisors, Discovery Learning, Inc. Greensboro, NC. 2005-2008.
27. 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.
28. Dana Farber Cancer Institute: Leading and managing while understanding March 2006: personality structures: insights from the MBTI, March 2006.
29. 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.
30. 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.
31. Diet and Exercise: Solutions or Problems? Practical Advice for the Nutrition Counselor. The American Dietetic Association Annual Meeting (90 minute workshop). October 28, 1997.
32. 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.
33. 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.

#### **OTHER SCHOLARLY WORK CREATING IMPACT NOT OTHERWISE SPECIFIED**

1. **High Demand Book Chapter:** work downloaded from *InTech* (as of March 2019) by 15,000 users.:  
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>, 2012.

2. *Keeping the Learning Alive: Strategies for Continued Learning and Development Post Graduation*. The Food Systems Leadership Institute, May 2019.
3. *Keeping the Learning Alive: Strategies for Continued Learning and Development Post Graduation*. The Clinical Scholars National Leadership Institute, May 2019.
4. Co-author--Report: Annual Clinical Scholars Outcomes Report 2017-2018, to the Robert Wood Johnson Foundation; August 2018
5. Designed and Chaired the Annual Leadership Institute on behalf of the Robert Wood Johnson Foundation (A meeting of 500 participants, National Program Center Directors, RWJF Leadership, and RWJF Trustees showcasing outcomes of their \$40M/year investment). Jan 14-15, 2019. The design of this meeting, which included more than 100 presentations, created the Manual of Standard Operating Procedures that will serve as the template for all future "ALI" meetings. Independent evaluation indicated that 96% of participants listened and learned from one another, 90% were inspired by the program, 92% connected to the culture of health vision, 95% felt a part of something bigger than themselves, and 57% said this program was better than the previous year's program.
6. Executive Development Institute, Kenan Flagler Business School. *Leading and Managing: Insights from the CPI 260, Leadership Success and Derailment*, November 2006.

### **Dissertation**

- 2003 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.

### **Regular Columns**

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

### **Thesis**

- 1988 Dual Thesis: The hormonal response to enteral and parenteral alimentation; and The Glycemic Index.

### **Videos**

*The below videos were written and co-directed by me, and I served as the principal on-screen host for three of them. They were used for 9 years in the Harvard Medical School-associated clinic at the New England Deaconess Hospital, Boston, MA, for patient education and in nutrition-related research protocols, in part to standardize the nutrition intervention.*



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.

### 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.
- 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 2008 Patricia Lally, DO, Earl and Gladys Siegel Student Support Award
- Spring 2009 Innes Gamble, FLAS Fellowship 2009-2010 for Kiswahili
- 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.
- 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.

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.

### GRANTS AND CONTRACTS

Award Duration	Title/Topic	Role	Award Amount (total funding)
<b>Active projects as of September 2022</b>			
2023	ACOG National Leadership Institute (in process)	PI	Est: \$267,000
2022-2023	Clinical Scholars National Leadership Institute	Co-PI	\$2,099,999
2022	ACOG National Leadership Institute	PI	\$222,000
<b>Active Projects as of September 2021</b>			
07/1/21-06/30/23	Whole Community Connection (UNC Rural & UNC IPEP) Keenan-Foundation Funded	Faculty & Exec Coach	\$625,000
10/2021-10/2022	Food Systems Leadership Institute	PI	\$82,539
11/1/21-10/31/22	Robert Wood Johnson Foundation Clinical Scholars: year 5 intervention period	Co-PI	\$2,671,679
10/2020-10/2021	Food Systems Leadership Institute	PI	\$76,606
1/2019-12/2021	ACOG National Leadership Institute	PI	\$684,425
9/1/2018-10/31/21	Robert Wood Johnson Foundation Clinical Scholars: year 4 intervention period	Co-PI	\$3,274,490
<b>Completed Funded Projects</b>			
9/1/2019-10/31/20	Robert Wood Johnson Foundation Clinical Scholars: year 4 intervention period	Co-PI	\$4,448,425
2019-2020	Food Systems Leadership Institute	PI	\$91,128
2018-2019	Food Systems Leadership Institute	PI	\$103,930
9/1/2016-8/31/2019	Robert Wood Johnson Foundation Clinical Scholars: year 1-3 intervention period	Co-PI	\$21,574,741
07/01/17-06/30/18	Food Systems Leadership Institute	PI	\$80,674
07/01/16-06/30/17	Food Systems Leadership Institute	PI	\$74,543
1/1/2015-12/15/2017	ACOG National Leadership Institute	PI	\$418,960
4/1/2016-8/31/2016	Robert Wood Johnson Foundation Clinical Scholars: <i>Launch period</i>	Co-PI	\$1,461,408
07/01/15-06/30/16	Food Systems Leadership Institute	PI	\$91,506
1/1/2014-12/15/2015	ACOG National Leadership Institute	PI	\$182,179
07/01/14-6/30/2015	Food Systems Leadership Institute	PI	\$84,726
1/1/2013-12/15/2014	ACOG National Leadership Institute	PI	\$172,179
07/01/2013-6/30/2014	Food Systems Leadership Institute	PI	\$57,047
1/1/2012-1/15-2013	ACOG National Leadership Institute	PI	\$162,422
07/01/2012-6/30/2013	Food Systems Leadership Institute	PI	\$57,074
07/01/2011-6/30/2012	Food Systems Leadership Institute	PI	\$54,270
10/10/2010-9/30/2011	ACOG National Leadership Institute	PI	\$152,499
06/01/2009-5/31/2014	MCH Public Health Leadership Institute, funded	PI	\$1,704,865

	by the Maternal and Child Health Bureau (HRSA).		
04/01/2009-3/31/2010	National Training Institute for Child Care Health Consultants, Maternal and Child Care Health Bureau, USDHHS, Rockville, MD. Kotch (PI)	Investigator	\$350,000
09/01/2009-9/01/2010	ACOG National Leadership Institute	PI	\$157,000
3/2010	ACOG District IV (March 2010): Leadership Development	PI	\$14,500
1/1/2009-9/30/2010	ACOG Leadership Institute 2009	PI	\$152,000
2/2009	ACOG District VI (February 2009): Leadership Development	PI	\$13,500
3/2009	ACOG District V (March 2009): Leadership Development	PI	\$13,500
3/2008	ACOG District VIII (March 2008): award: \$16,500	PI	\$16,500
10/2008	ACOG District II (October 2008): Leadership Development	PI	\$13,500
1/5/2008-6/30/2008	Washington State University Organizational Development Consulting, Washington State University, PI of contract; \$41,000.	PI	\$41,000
07/01/2008-6/30/2009	Food Systems Leadership Institute	PI	\$60,288
01/01/2007-2/15/2008	ACOG Leadership Institute 2008	PI	\$122,000
07/01/2007-6/30/2008	Food Systems Leadership Institute	PI	\$69,511
01/01/2006-2/15/2007	ACOG Leadership Institute 2007	PI	\$119,000
07/01/2005-6/30/2006	Food Systems Leadership Institute 2006	PI	\$62,000
2005-2006	ACOG Leadership Institute 2006	PI	\$89,000
2005-2006	<i>Leadership Novant</i> (Novant Health System), PI: Steve Orton, PhD (curriculum and intervention plan created by C. Fernandez)	Staff	\$186,000
07/01/2004-6/30/2005	Food Systems Leadership Institute 2006; UNC Office of the President UNC System General Administration	PI	\$60,000
2004-2006	W. K. Kellogg Foundation. Emerging Leaders in Public Health 2004; PI: James Johnson PhD, Kenan Flagler Institute for Private Enterprise.	Co-PI	\$501,000.00
2003-2004	W. K. Kellogg Foundation. Emerging Leaders in Public Health 2004; PI: James Johnson PhD, Kenan Flagler Institute for Private Enterprise	Co-PI Project Director	\$186,000

**SERVICE****Dates served**

Chair, 2015—8/2022

**Description of Service --Departmental**

MCH Adjunct Professor's Committee (In 2022, Committee became part of full professor review process)

**Description of Service --School**

November 12, 2020

Consultant and Speaker—NC Public Health Institute, operated through the Public Health Leadership Program: Applying Critical Thinking

Served 2008-2011      McGavran Excellence in Teaching Award Committee

**Description of Service –University**

August 31, 2022      Anesthesiology Grand Rounds: How applying *Adaptive Leadership* to Wicked Problems of Health Disparity led Clinical Scholars to achieve the impossible; School of Medicine, University of North Carolina at Chapel Hill

2008-2015      Leadership Consortium Committee Member

January 28, 2015      UNC SOM WISDOM (Women in Science Deserve Opportunities and Mentoring) address: Leadership Development Fundamentals: A Review of the Data, School of Medicine, University of North Carolina at Chapel Hill

October 7, 2015      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, School of Medicine, University of North Carolina at Chapel Hill.

August 2015      Managing Difficult Conversations: The essential toolbox for public health leaders; MCH Leadership Consortium, University of North Carolina at Chapel Hill.

2011-2014      Member, Advisory Council, College of Leadership Excellence, UNC Health System

April 2014      NC TRACS presentation: Avoiding Groupthink: how to create thought diversity in organizations. School of Medicine, University of North Carolina at Chapel Hill.

Served 2009-2011      Elected to UNC Fixed Term Grievance Committee

**Description of Service —Local/State**

November 12, 2020      North Carolina Public Health Institute: (Webinar) *The Psychology of Critical Thinking: Tools, Tips and Techniques to help you Think at your Best*. The Institute had 19 North Carolina Fellows

May 22, 2019      Presented 2 sessions of “Trash or Treasure? How Critical Thinking Skills can help you in So Much More than Science”. Chapel Hill High School. May 22, 2019. 30 students attending. *Community Service*

January 21, 2015      What We’ve Learned About Developing Leaders in public health, maternal and child health, medicine and academia. NC State University, College of Agriculture and Life Sciences.

2014-2015      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. *Community Service*

November 8, 2012      Presented workshop on Adaptive Leadership to the Division of Public Health for North Carolina, Chronic Disease Section.

Aug 2009-May 2010      Co-Chair, Parent Advocacy Committee, CSHCN, Chapel Hill Head Start, Ephesus Elementary School. *Community Service*

May 19, 2008      Moderator – 5th Annual NC EPI Teams conference, North Carolina Department of Health, Raleigh, NC.

April 22, 2008      Continuing Education and Training Advisory Committee for Public Health Social Workers (Contact: Terme Levgard). Division of Public Health for North Carolina.

August 7, 2007      Avian Influenza Tabletop Exercise Moderator, NC Dept of Agriculture and

July 18 2007	the NC Department of Public Health, in conjunction with the North Carolina Institute for Public Health. Served as moderator for day-long program. Public Health Emergency Service Response Team Training: The Behavioral Basis of Leadership, Cultural Flexibility and Cultural Competence. Asheville, NC
May 17, 2007	Fourth Annual North Carolina Epi-Teams Conference. Research Triangle Park, NC. Served as moderator for day-long program.
November 30, 2006	How will Avian Influenza Affect North Carolina? Served as moderator for afternoon portion of program. Location: Carroll Hall, University of North Carolina at Chapel Hill.
September 1999	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. <i>Community Service</i>
Nov. 21, 1988	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.
November 4, 1998	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. <i>Community Service</i>
September 23, 1998	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.
June 27, 1997	Obesity: The Continuum of Care, at the North Carolina Dietetic Association state meeting, two-hour presentation.
May 2, 1997	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	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.
October 23, 1996	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.
1996	Served as committee member, Nutrition Leadership Council, NC Prevention Partner; NC-statewide public health effort to improve the nutritional status of North Carolinians.
1996-2007	Building a Healthy Lifestyle. 2-hour healthy nutrition program given twice yearly at Fuqua School of Business, Duke University. <i>Community Service</i>

#### **Description of Service—National**

September 29, 2021	Podcast Guest: Negotiate Anything with Kwame Christian. Topic: Managing Difficult Conversations. Podcast has 2M subscribers, Airdate: Jan/Feb 2022
February 18, 2021	Panelist, James Madison University Leadership Conference. Panel discussing systems-level leadership challenges and strategies (virtual live conference).
April 8, 2020	Nebraska Public Health and Great Plains Public Health Leadership Institute:

	(Webinar) <i>Coping with COVID-19: leading, managing, survivign and thriving in turbulent times</i> . Service activity. *session attendance: 201 participants*
January 8, 2020	Effectiveness Beyond the Hospital Walls: Clinical Scholars Making System Level and Community Based Changes Impacting Health Equity. Presentation to the Core Strategy Team, Leadership for Better Health Initiative, Robert Wood Johnson Foundation, Princeton, NJ
February 23, 2016	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.
November 14, 2015	Association of Public and Land Grant Universities annual meeting; FSLI Encore: "Hiring for Fit"
August 5, 2015	Great Plains Public Health Leadership Institute, "Emotional Intelligence"
June 1, 2015	University of Arizona: "Selection Done Right"
April-June 2013	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.
2012-2014	Guest Editor, MCH Journal special themed issue on leadership (journal release date; spring 2014).
November 11, 2012	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 10, 2012	SERA 42 National Meeting at the Association of Public and Land Grant Universities Conference, "The Powerful Apology", Denver, Colorado.
November 13, 2011	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.
2009-present	Journal of Public Health Management and Practice, Reviewer
1995-2001	Served as an expert consultant on the Curriculum and Test Item Development Committee, American Council on Exercise Lifestyle and Weight Management Consultant Certification Examination (appointed to two consecutive 3-year terms).
1999-2000	Technical reviewer for the American Dietetic Association's Sixth edition of the Manual of Clinical Dietetics, 2000 release.
1999	Pre-publication reviewer for Eating Disorders: Putting it All Together. The American Dietetic Association.
1997-2000	Reviewer/Advisor: "Supervision Corner", After the Diet Newsletter for Eating Disorder/Disordered Eating Nutrition Therapists. A Better Way Health Consulting, Phoenix, AZ.
1997-2000	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.
September 1999	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. <i>Community Service</i>

- September 1996 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).
- 1995-1997 Appointed to 3-year term of Lifestyle and Weight Management Consultant Certification Advisory Committee, American Council on Exercise, San Diego, CA.
- 1995-1998 Appointed to Nutrition Services Payment Systems Disordered Eating Sub-Committee Chair, 3-year term. The Sports, Cardiovascular, and Wellness Nutritionists, a practice group of the American Dietetic Association.
- 1995-1998 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 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.
- 1993-1994 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.
- Nov. 21, 1988 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.

#### **Description of Service—International**

- November 2019 Reviewer: Comenius Leadership Fellow Award Applications for the Dutch Ministry
- March 27, 2015 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.

#### **Invited Papers**

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

#### **Newsletters**

*The below publications impact the department’s relationship with our Adjunct Faculty and serve as one of the main communications tools to both share information and to support their active engagement with our classes and students. I initiated this newsletter after being named Chair of the Adjunct Faculty Committee.*



1. Happenings: Staying Connected with MCH Adjunct Professors. Winter 2020/2021, Department of Maternal and Child Health, UNC Gillings School of Global Public Health, University of North Carolina at Chapel Hill.
2. Happenings: Staying Connected with MCH Adjunct Professors. June 2019, Department of Maternal and Child Health, UNC Gillings School of Global Public Health, University of North Carolina at Chapel Hill.
3. Happenings: Staying Connected with MCH Adjunct Professors. November 2018, Department of Maternal and Child Health, UNC Gillings School of Global Public Health, University of North Carolina at Chapel Hill.
4. Happenings: Staying Connected with MCH Adjunct Professors. June 2018, Department of Maternal and Child Health, UNC Gillings School of Global Public Health, University of North Carolina at Chapel Hill.
5. Happenings: Staying Connected with MCH Adjunct Professors. November 2017, Department of Maternal and Child Health, UNC Gillings School of Global Public Health, University of North Carolina at Chapel Hill.
6. Happenings: Staying Connected with MCH Adjunct Professors. June 2017, Department of Maternal and Child Health, UNC Gillings School of Global Public Health, University of North Carolina at Chapel Hill.
7. Happenings: Staying Connected with MCH Adjunct Professors. November, 2016. Department of Maternal and Child Health, UNC Gillings School of Global Public Health, University of North Carolina at Chapel Hill.
8. Fernandez C. ACOGs Investment in Leadership Development: Going Strong for 10 Years. ACOG Rounds. <http://www.acog.org/About-ACOG/ACOG-Departments/ACOG-Rounds>.
9. 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>.
10. **Fernandez CSP**, Brandert KT. Building your organization through mentoring, coaching and peer coaching. CityMatCH.City Lights 2009 Conference;18(1):8.
11. *Written about MCH PHLI, Dr. Fernandez's MCH leadership institute*: 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>
12. 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.

**TEACHING ACTIVITIES**

Courses Taught		# of students
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:**

MCH 890	Negotiation and Conflict Resolution in MCFH 890: Leadership in Maternal and Child Health, (Faculty of record: Dr. Dorothy Cilenti. February 2023.)
MCH 890	Negotiation and Conflict Resolution in MCFH 890: Leadership in Maternal and Child Health, (Faculty of record: Dr. Dorothy Cilenti. March 2022.)
MHCH 890	Negotiation and Conflict Resolution in MCFH 890: Leadership in Maternal and Child Health, (Faculty of record: Dr. Dorothy Cilenti. March 2021.)
MHCH 712	Tools for enhancing communication and creating positive organizational culture January 2013 (class newly developed for course), January 2014, March 2016
EPID 896	The Dangers of Group Think and How to Avoid it, August 25, 2015
MHCH 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

**ENGAGED TEACHING ACTIVITIES****National leadership development programs, university, and professional development programs for previous 3 years (fall 2018-spring 2021)**

DATES	PROGRAM & TOPICS
<b>The MCH Leadership Education for Neurological and Developmental Disabilities (LEND) Training Program, University of Arizona School of Medicine</b>	
<b>August 2022</b>	Virtual Retreat. The Personality-Organizational Culture Link and Creating Thought Diverse Organizations (MBTI); Understanding Human Motivation to Lead and Manage Others (FIRO-B); Big Data and Employees: How to Use the Behavioral Event Interview to Build the Team; Managing Difficult Conversations; Persuasively Selling a Change Message; Resilience and Support Mapping
<b>August 2021</b>	The Personality-Organizational Culture Link and Creating Thought Diverse Organizations (MBTI); Understanding Human Motivation to Lead and Manage Others (FIRO-B); Imposter Syndrome and Building Self-Efficacy skills (Behavioral Event Interview); Persuasively Selling Change (CSI); Moving from ByStanding to UpStanding through Allyship, Advocacy and Alliances; Resilience and Support Mapping
<b>August 2020</b>	Virtual Retreat. The Personality-Organizational Culture Link and Creating Thought Diverse Organizations (MBTI); Understanding Human Motivation to Lead and Manage Others (FIRO-B); Big Data and Employees: How to Use the Behavioral Event Interview to Build the Team; Persuasively Selling a Change Message; Resilience and Support Mapping
<b>August 2019</b>	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; Persuasively Selling a Change Message; Resilience and Support Mapping.
<b>August 2018</b>	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; Persuasively Selling a Change Message; Resilience and Support Mapping
<b>The Clinical Scholars National Leadership Institute (Clinical Scholars), sponsored by the Robert Wood Johnson Foundation</b>	
<b>August 2023</b>	Cohort 5 Graduation Retreat: Welcome; Graduation Address; Moderator: B.I.G. Ideas Capstone Presentations;
<b>April 2023</b>	Resiliency in the Face of Challenge: Staying Alive, Staying Well; The Key to Perfect Persuasion
<b>October 2022</b>	Managing Difficult Conversations; Emotional Intelligence and Reputational Attacks
<b>September 2022</b>	Cohort 4 Graduation Retreat: Welcome; Graduation Address; Moderator: B.I.G. Ideas Capstone Presentations;
<b>April 2022</b>	Resiliency in the Face of Challenge: Staying Alive, Staying Well; The Key to Perfect Persuasion
<b>October 25-28, 2021</b>	Creating Team Cultures through shared values and ground rules; The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; Creating Cultures of Accountability; Managing Difficult Conversations; Emotional Intelligence and Facing Tough Challenges; Becoming an Upstander: Being An Ally, An Advocate, and Building Alliances (microaggressions training session)
<b>September 9-10, 2021</b>	Cohort 3 Graduation Retreat: (virtual retreat): Welcome; Graduation Address; Moderator: B.I.G. Ideas Capstone Presentations; Using the DRiV Assessment: Tapping into Drivers and Drainers.

<b>May 21, 2021</b>	Dealing with the Imposter Syndrome (all cohort and alumni webinar; 90 min)
<b>April 2021</b>	Virtual Retreat: Welcome & Retreat Orientation (Orange, Green and Indigo curriculums); Understanding Human Motivation (FIRO-B); Leadership Mirror: 360 Feedback; Resiliency in the Face of Challenge: Staying Alive, Staying Well.
<b>February 10-12, 2021</b>	(Virtual Retreat): Welcome & Retreat Orientation (Orange, Green and Indigo curriculums). Understanding Conflict Styles and Dealing with Conflict (TKI); Peer Coaching; Virtual Poster Session Facilitator & Host; Leadership Success & Derailment; Emotional Intelligence and Dealing with Reputational Attacks.
<b>December 4, 2020:</b>	The Behavioral Event Interview (Webinar)
<b>November 6, 2020:</b>	Advanced Communications Skills (Webinar)
<b>June 6-9, 2020</b>	Virtual Intensive Retreat: Understanding Conflict Styles and Dealing with Conflict (virtual synchronous); Understanding Human Motivation: the FIRO-B (virtual asynchronous); 360 Feedback Session (virtual asynchronous) Peer Coaching Skills (virtual synchronous); The Power of Persuasion; Resiliency in the Face of Challenge (virtual asynchronous).
<b>April 24 2020</b>	Coping with COVID-19: leading, managing, surviving and thriving in turbulent times. Webinar.
<b>March 30, 2020.</b>	Coping with COVID-19: leading, managing, surviving and thriving in turbulent times. Webinar.
<b>March 24, 2020.</b>	Coping with COVID-19: leading, managing, surviving and thriving in turbulent times. Webinar.
<b>October 26-30, 2019:</b>	Creating Team Cultures through shared values and ground rules; The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; Creating Cultures of Accountability Managing Difficult Conversations; Emotional Intelligence and Facing Tough Challenges; Crabs In A Bucket: Developing Strategies to Prevent Microaggressions.
<b>April 13-17, 2019:</b>	Understanding Human Motivation: the FIRO-B; Understanding Conflict Styles and Dealing with Conflict; 360 Feedback Session; Peer Coaching Skills; Leadership Success and Derailment, The Power of Persuasion, Resiliency in the Face of Challenge: Staying Alive, Staying Well.
<b>January 14-15, 2019</b>	Plenary Session Moderator; RWJF Culture of Health Change Leadership Program Annual Leadership Institute—Served as Program Chair
<b>December 2-5, 2019, 2018:</b>	The Grand Challenge, Creating Team Cultures through shared values and ground rules; The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; Understanding Emotional Intelligence; Creating Cultures of Accountability; Managing Difficult Conversations, Avoiding the “Crabs in a Bucket” Syndrome.
<b>May 5-10, 2018:</b>	Understanding Human Motivation: the FIRO-B; Understanding Conflict Styles and Dealing with Conflict; 360 Feedback Session; Peer Coaching Skills; Leadership Success and Derailment.
<b>October 12-18, 2017</b>	Creating Team Cultures through shared values and ground rules; The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; Creating Cultures of Accountability.
<b>Maternal and Child Health Public Health Leadership Institute Alumni</b>	
<b>April 15, 2020</b>	Coping with COVID-19: leading, managing, surviving and thriving in turbulent times. Webinar presented
<b>April 17, 2020</b>	Communicating in Times of Crisis, speaker: Mr. Ruben T. Fernandez, JD. Webinar
<b>ACOG Robert C. Cefalo National Leadership Institute</b>	

<b>March 22-26, 2023</b>	Welcome & Orientation; Adaptive Leadership; The Continuum of Enlightenment; The Wheel of Diversity; Leading & Managing Others for Thought Diversity: Insights from the MBTI, Selling That Change: Insights and Applications from the Change Style Indicator; 360 Debrief; Peer Coaching Training; Keeping Your Resilience Tank Full: Intentionally Building Your Resilience Support Team; The Capstone: Effective Communication in Crisis and VUCA Times.
<b>September 27, 2022</b>	Influencer: Strategies for Changing Anything
<b>August 30, 2022</b>	Beating Imposter Syndrome
<b>July 18, 2022</b>	Practical Negotiation: Sources of Power
<b>June 30, 2022</b>	DEIB: making cultural change real
<b>March 2022</b>	Welcome & Orientation; Adaptive Leadership; The Continuum of Enlightenment; The Wheel of Diversity; Leading & Managing Others for Thought Diversity: Insights from the MBTI, Selling That Change: Insights and Applications from the Change Style Indicator; 360 Debrief; Peer Coaching Training; Keeping Your Resilience Tank Full: Intentionally Building Your Resilience Support Team; The Capstone: Effective Communication in Crisis and VUCA Times.
<b>November 16, 2021</b>	Influencer: Six Strategies for Changing Anything, 90-minute webinar open to all program alumni.
<b>September 21, 2021</b>	Enhancing Negotiation Skills: 5 Tools to Build Influence, 90-minute webinar open to all program alumni.
<b>June 28-July 1, 2021</b>	Virtual retreat: Welcome & Orientation; Adaptive Leadership; The Continuum of Enlightenment; The Wheel of Diversity; Leading & Managing Others for Thought Diversity: Insights from the MBTI, Selling That Change: Insights and Applications from the Change Style Indicator (Co-taught with Dr. Angela Rosenberg); 360 Debrief; Peer Coaching Training; Keeping Your Resilience Tank Full: Intentionally Building Your Resilience Support Team; The Capstone: Effective Communication in Crisis and VUCA Times.
<b>April 1, 2020</b>	Presented Coping with COVID-19: leading, managing, surviving and thriving in turbulent times. Webinar.
<b>April 1, 2020</b>	Hosted: Communicating in Times of Crisis, speaker: Mr. Ruben T. Fernandez, JD. Webinar
<b>March 30, 2020</b>	Presented Coping with COVID-19: leading, managing, surviving and thriving in turbulent times. Webinar.
<b>March 30, 2020</b>	Hosted: Communicating in Times of Crisis, speaker: Mr. Ruben T. Fernandez, JD. Webinar
<b>March 28, 2020</b>	Facilitated: Virtual Hang Out--Coping with COVID-19: connecting during turbulent times. Zoom platform.
<b>March 15, 2020</b>	Presented Coping with COVID-19: leading, managing, surviving and thriving in turbulent times. Webinar.
<b>March 20-24, 2019</b>	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; Dealing with Reputational Attacks.
<b>April 4-8, 2018</b>	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.
<b>Food Systems Leadership Institute</b>	
<b>October 10-14, 2021</b>	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.
<b>August 15-20, 2021</b>	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.
<b>June 15-17, 2021</b>	Virtual Retreat: Making Feedback Work; What Drives you and Drains You: the DRiV Feedback Assessment Workshop; Advanced Communication Skills.
<b>February 15-18, 2021</b>	Virtual Retreat: The Behavioral Basis of Leadership (FIRO-B); Leadership Success and Derailment; Dealing with Reputational Attacks—an EQ and Communications Challenge. The Ohio State University, Columbus, Ohio.
<b>December 8, 2020</b>	The Behavioral Event Interview (Webinar)
<b>November 18, 2020</b>	Setting Development Goals for the FSLI Program (Webinar)
<b>October 11-15, 2020</b>	Virtual Retreat: How to Lead and Manage Others using Insights from Personality Structures; Peer Coaching, Reading the “Human Tea Leaves”; Understanding the Nature of Change. North Carolina State University, Raleigh, NC.
<b>June 16-18, 2020</b>	Virtual retreat: Understanding Change through the Change Style Indicator; The Selling Change Persuasion Exercise; Peer Coaching Interactive
<b>April 3, 2020</b>	Communicating in Times of Crisis, speaker: Mr. Ruben T. Fernandez, JD. Webinar
<b>April 2, 2020</b>	Communicating in Times of Crisis, speaker: Mr. Ruben T. Fernandez, JD. Webinar
<b>March 26, 2020</b>	Coping with COVID-19: leading, managing, surviving and thriving in turbulent times. Webinar
<b>March 24, 2020</b>	Hosted: Communicating in Times of Crisis, speaker: Mr. Ruben T. Fernandez, JD. Webinar
<b>March 3, 2020</b>	Coping with COVID-19: leading, managing, surviving and thriving in turbulent times. Webinar
<b>February 16-20, 2020</b>	The Behavioral Basis of Leadership; Leadership Success and Derailment; Emotional Intelligence in the Workplace; Dealing with Reputational Attacks; Leadership Success and Derailment. The Ohio State University, Columbus, Ohio.
<b>October 13-17, 2019</b>	How to Lead and Manage Others using Insights from Personality Structures; Understanding your 360 Feedback; Peer Coaching, Reading the “Human Tea Leaves”; Understanding the Nature of Change. North Carolina State University, Raleigh, NC.
<b>June 16-21, 2019</b>	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.
<b>February 17-21, 2019</b>	The Behavioral Basis of Leadership; Leadership Success and Derailment; Emotional Intelligence in the Workplace; Dealing with Reputational Attacks; Leadership Success and Derailment. The Ohio State University, Columbus, Ohio.
<b>October 14-18, 2018</b>	How to Lead and Manage Others using Insights from Personality Structures.; Understanding your 360 Feedback; Peer Coaching; Reading the “Human Tea Leaves”; Understanding the Nature of Change. North Carolina State University, Raleigh, NC.
<b>UNC School of Medicine Faculty Leadership Development Program</b>	

<b>Dr. Bradly Gains, PI</b>	
October 2-4, 2019	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.

**Other Leadership Training Programs Engaged Teaching:**

<b><i>The University of Tennessee System Faculty Leadership Development Program</i></b>	
<i>March 13, 2023</i>	Leadership Success and Derailment

<b><i>The Ohio State University Faculty and Administrative Team 3-day Leadership Development Intensive, College of Food, Agriculture and Environmental Sciences</i></b>	
<i>March 28-31, 2023</i>	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; Creating Resiliency.
<i>March 2022</i>	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; Creating Resiliency.
<i>March 2021</i>	Virtual Retreat: 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; Creating Resiliency.
<i>March 1-2, 2020</i>	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; Creating Resiliency.
<i>April 1-3, 2019</i>	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; Creating Resiliency.
<i>April 24-26, 2018</i>	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; Creating Resiliency.

<b><i>The Purdue University Faculty 3-day Leadership Development Intensive</i></b>	
<i>July 2022</i>	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; Creating Resiliency..
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<b><i>The Mississippi State University Faculty 3-day Leadership Development Intensive, Office of Research and Development</i></b>	
<i>January-May, 2021</i>	Women Faculty Leadership Development. Virtually delivered program with bi-monthly virtual sessions: Gender Based Differences: What the Data Say; The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; Leading Change and Selling the Change Message; Understanding Motivation at Work: FIRO-B; Reading the Tea Leaves: Understanding Change.
<b>September 2021-April 2022</b>	Faculty Leadership Development. Virtually delivered program with monthly virtual sessions: The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; Leading Change and Selling the Change Message; Understanding Motivation

<b><i>Future Leaders for Food and Agriculture (FFAR), North Carolina State University</i></b>	
<i>April 10, 2023</i>	Become an Upstander: Dealing with the imposter syndrome and some of the microaggressions that can cause it (2-hour in person workshop)
<i>August 2, 2021</i>	3 <sup>rd</sup> year Fellows: Dealing with Imposter Syndrome: Building Confidence by Becoming a STAR (Behavioral Event Interview) (90 min in person workshop)
<i>October 7, 2021</i>	2 <sup>nd</sup> year Fellows: Become an Upstander: Dealing with the imposter syndrome and some of the microaggressions that can cause it (2-hour in person workshop)

<b><i>The FastTrack Leadership Development Program, Chapel Hill, North Carolina</i></b>	
<b>October 28-30, 2023</b>	The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; Leading Change and Selling the Change Message; Leadership Success and Derailment; Surfacing Leadership Challenges; Reading the Tea Leaves: Understanding Change; Managing Difficult Conversations; Insights into Managing Conflict Constructively: the TKI assessment; Creating Self-Resiliency.
<b>November 2022</b>	The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; Leading Change and Selling the Change Message; Leadership Success and Derailment; Surfacing Leadership Challenges; Reading the Tea Leaves: Understanding Change; Managing Difficult Conversations; Insights into Managing Conflict Constructively: the TKI assessment; Creating Self-Resiliency.
<b>November 2021</b>	The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; Leading Change and Selling the Change Message; Leadership Success and Derailment; Surfacing Leadership Challenges; Reading the Tea Leaves: Understanding Change; Managing Difficult Conversations; Insights into Managing Conflict Constructively: the TKI assessment; Creating Self-Resiliency.
<b>November 16-18, 2019</b>	The Personality-Organizational Culture Link and Creating Thought Diverse



	Organizations; Leading Change and Selling the Change Message; Leadership Success and Derailment; Surfacing Leadership Challenges; Reading the Tea Leaves: Understanding Change; Managing Difficult Conversations; Insights into Managing Conflict Constructively: the TKI assessment. Creating Self-Resiliency. <i>Overall program given a perfect score by every participant.</i>
<b>October 27-28, 2018</b>	The Personality-Organizational Culture Link and Creating Thought Diverse Organizations; Leading Change and Selling the Change Message; Leadership Success and Derailment; Surfacing Leadership Challenges; Reading the Tea Leaves: Understanding Change; Managing Difficult Conversations; Insights into Managing Conflict Constructively: the TKI assessment. Creating Self-Resiliency. <i>Overall program given a perfect score by every participant.</i>

### RESEARCH MENTOR AND PRIMARY READER FOR MASTER'S PAPERS FOR STUDENTS

2021-present	Nija Lynette Newton: A Study on Implementing Immediate Postpartum Contraception
2021-present	Katherine Mollenkopf: Supporting the Health and Wellbeing of Children with Special Healthcare Needs in Early Childhood Educational Settings: A Systematized Review of the Literature
2021-present	Suzanna Larkin: Capacity-Building and Equity Centering Among Maternal Health professionals: A Mid-Project Evaluation of the Maternal Health Learning and Innovation Center.
2020-present	Suzanne Singer (TBD)
2019-2021	Janet Okraku-Mantey (Effectiveness of interventions on HIV care continuum outcome among People Living with HIV with mental health disorders in Low- and Middle-Income countries: A systematic Review)
2019-2020	Rossana Roberts: Sexual Health Interventions Inclusive of Sexual Minority Youth: A Systematic Review
2018-2020	Joelle Schantz: Menstrual Cycle Tracking Applications and the Potential for Epidemiological Research: A Comprehensive Review of the Literature *Published manuscript with student)
2018-2020	Ishani Patel: A comprehensive situational analysis of the current humanitarian crisis at the United States/Mexico border, particularly focusing on sexual and reproductive health
2018-2019	Nusiebeh Redpath: The Impact of a Vaccination Program to the Rohingya Children to Reduce Rates of Communicable Infection within Bangladesh
2017-2019	Geneva Phillips: Framing sex work: Effective messaging to influence policy makers in the United States to better address national sex worker rights
2017-2019	Nicole Davis Association of Intimate Partner Violence with Mental, Physical Health Indicators and Healthcare Utilization Among Women 18 to 65
2016-2018	Ellison Henry (Family Planning Policies in the Republic of Tajikistan From Soviet Times to Today)
2016-2018	Sarah Neil (Supporting the Health and Wellness of Child Care Employees to Promote and Improve the Culture of Health within Childcare Settings.
2015-2017	Meredith Burns (MPH) Abortion Inclusion in Maternal and Child Health Graduate 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.