

DECEMBER 2022

# THE WELLBEING COLLABORATIVE

*of Arizona Health Professionals*

## INTRODUCING THE STEERING COUNCIL

The Wellbeing Collaborative Steering Council is a leadership group of 12-15 members across major participating organizations who are volunteering their time and expertise to meet approximately monthly and discuss strategic initiatives and action items around ideas, proposals, or programs for the collaborative.



Cynthia Stonnington, MD



Sheila Sjolander



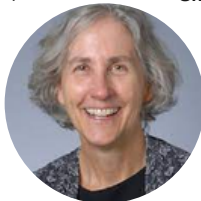
Jasleen Chhatwal, MD



Keith Frey, MD



Heidi Sanborn, DNP, RN,



Theresa Cullen, MD



Heather Rabin, PhD



Teresa Bertsch, MD



Carisa Bamford



Michelle Villegas-Gold, PhD



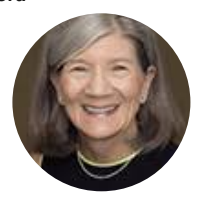
Tiffany Pankow, MD



Charlton Wilson, MD



Libby McDannell



Mary Jo Gregory, R.N.

We want to thank our Steering Council leadership group for their time, passion, and enthusiasm and are very excited to kick off 2023 diving into strategic collaborative work together!

## THE GIFT OF STRATEGIC STORYTELLING



Two of the strategic areas of impact for the Collaborative are *creating safe spaces for open & honest dialogue and ideas* and *workforce development and sustainability*. One the emerging skills that leaders need to build authentic connection, discover active empathy, and create safe spaces for conversations is **strategic storytelling**.


This holiday season, we would like to offer all members of the Collaborative **the gift of strategic storytelling**; *learning how to engage, impact, and influence using your stories!*

Join one of the three upcoming digital workshops on **12/14**, **12/19**, or **1/4** hosted by Anca Castillo to develop this leadership skill.



**Keep reading for an example of how this can be a valuable leadership tool!**

### Storytelling Workshops

 **12/14/2022 9:30am-1:30pm**

 **12/19/2022 1pm-5pm**

 **1/4/2023 10am-2pm**

**[Click here to register](#)**

# STORY HIGHLIGHT

## DR. KEITH FREY'S "WHY I'M HERE" STORY



Keith is currently a professor, consultant, and leadership developer. He serves as the Chair (interim) of the Wellbeing Collaborative.

### Serving others is fulfilling. Serving healers!

I was sitting on my couch at home as a junior in high school thinking I was going to be an aeronautical engineer, when suddenly I heard a scream and cry for help. It was my next-door neighbor who had inadvertently pulled the lawnmower over the top of her foot and cut off 2 toes. My immediate emotion was one of concern. *What could I do?*

That's when I remembered, as a Boy Scout, I had some basic first aid training. So my Dad and I ran next-door to help. He brought the car around and I sat in the backseat with my neighbor while applying a pressure dressing to her injury. I tried to provide whatever emotional support I could as we took her to the emergency room. *So what happened?*

Fortunately, her wounds healed and she was very appreciative that my Dad and I came to her aid. But something much more profound happened to me - that day changed the trajectory of my life. It struck me that helping a human being in the time of their need (even somewhat unprepared) was a very *satisfying experience!*

That led me to work hard and pursue the pathway of becoming a physician. So my question for you is:

*What was the **noble cause** that motivated you to go into healthcare and is it **still** a compelling cause given all the challenges we have nowadays in modern healthcare?*



To watch & listen to Keith share this 2-minute story, [please click this link.](#)

### Stay tuned!

Each month, we are going to feature the "why" story of one of our Steering Council Members!

