June 2023

Get ready to embrace the sunny vibes of June with our energizing newsletter. As we dive into the summer season, we’re here to sprinkle some joy and inspiration into your professional lives. From sneak peeks into our upcoming September Summit to exciting updates and captivating stories, this edition is designed to put a smile on your face and give you that extra burst of motivation. So sit back, relax, and let’s embark on a delightful journey together as we kick off an amazing June!

Meet our newest strategic advisor:

Holly Ward joins our team of esteemed advisors to provide us with strategic communications counsel. A Phoenix native, Holly is an experienced communicator with a demonstrated strategic and diplomatic history working in broadcast news, government and private sectors. She currently leads the Arizona Hospital and Healthcare Association’s (AzHHA) marketing and communications efforts and is the proud owner of a newly retired drug detection K9 named Pi.

Strategic Advisors

Holly is joining a fantastic list of strategic advisors that includes:

- Mark Carroll
- Lorenzo Martinez
- Christina Corrieri
- Alison Essary
- Beth Kohler
- Flo Spyrow
- Theresa Cullen
- Vincent Berkley

This month, Steering Council Members and Strategic Advisors will be coming together for a strategic retreat in Flagstaff. The purpose of this retreat is to finalize plans for the upcoming September Summit, continue to work on the 3 strategic impact areas ahead of the Summit, and draft a unique Wellbeing Pledge that will be showcased at the Summit.

1. September Summit

Build a cohesive strategy and game plan for the September 29th Wellbeing Summit.

2. Strategic Initiatives

Come together to continue the collaborative work around the 3 initiatives and move from ideas to actionable prototypes.

3. Wellbeing Pledge

Come together to draft a unique Wellbeing Pledge that will be showcased at the upcoming Summit.

FROM VISION TO REALITY

The Future of Health Professional Wellbeing in Arizona

The upcoming world class summit on September 29th, 2023 will feature a panel of CEOs who will share a wellness initiative they have implemented, how they have evaluated success, and insights into the challenges of successful implementation within their organization.

- Todd LaPorte, MBA
  CEO at HonorHealth
- Judy Rich, R.N., MSN
  President & CEO at TMC Health
- Natasha Bhuyan, MD
  VP at OneMedical
- Anne Newland, MD, MPH
  CEO of North Country HealthCare (FQHC)

Registration for the Summit will open on July 5th!
Stories can be a source of inspiration and hope, particularly in difficult times. Hearing about others who have overcome adversity can encourage us to be resilient and persevere through our own challenges.

**Upcoming Storytelling Workshops**

Engaging with stories can stimulate our brains and improve cognitive function. By following the plot, imagining scenes and characters, and making connections between different parts of the story, our brains get a workout and can become more agile.

**STORY HIGHLIGHT**

**DID YOU KNOW THAT STORYTELLING CAN HAVE A PROFOUND IMPACT ON WELLBEING?**

Stories can create an emotional connection between the storyteller and the listener, allowing people to feel a sense of empathy and understanding towards others. This emotional connection can help build relationships, reduce loneliness, and foster a sense of community.

Listening to or reading stories can provide a temporary escape from the stresses of daily life. When we get lost in a good story, it can help us to relax, reduce our stress levels and lower our anxiety.

Stories can be a source of inspiration and hope, particularly in difficult times. Hearing about others who have overcome adversity can encourage us to be resilient and persevere through our own challenges.

Stories can also encourage self-reflection, prompting us to consider our own values, beliefs and experiences. This introspection can lead to personal growth and greater self-awareness.

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Over the course of our last 6 newsletters, we have featured the strategic stories of some of the Steering Council Members that have attending the Strategic Storytelling Workshop hosted by Anca Castillo.

**Dr. Teresa Bertsch’s Story:** I wasn’t sure I could. And then WE did.

**Dr. Jasleen Chhatwal’s Story:** The time we worked together to reduce stigma.

**Heidi Sanborn’s Story:** Breaking protocol for human feelings.

**Dr. Keith Frey’s Story:** Serving others is fulfilling. Serving healers!

**Dr. Charlton Wilson’s Story:** Accessible and Affordable Healthcare

**Dr. Cynthia Stonnington’s Story:** The patient I will never forget.

This summer, 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!

**Click here to register**

**Upcoming Storytelling Workshops**

- **6/6** and **6/8** 12pm-2pm MST
- **6/30** 9am-1:00pm MST
- **7/11** and **7/13** 12pm-2pm MST
- **7/28** 9am-1:00pm MST