

THE WELLBEING COLLABORATIVE

of Arizona Health Professionals

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!



Holly Ward

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
- Christina Corrieri
- Beth Kohler
- Theresa Cullen
- Lorenzo Martinez
- Alison Essary
- Flo Spyrow
- 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 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



Friday September 29, 2023
08:00 AM to 03:30PM

The upcoming world class summit on September 29th, 2023 will feature a **panel of CEOs** 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!



Keep Reading!

To hear how YOU can sign up for a free upcoming Strategic Storytelling Workshop!

STORY HIGHLIGHT



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

Emotional Connection

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.

Reducing Stress

Promoting Resilience

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.

Encouraging Self-Reflection

Improving Mental Agility

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.

Over the course of our last 6 newsletters, we have featured the strategic stories of some of the Steering Council Members that have attended 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