



Department  
of Health

# New York State Public Health Corps Fellowship Program

**Public Health Career Road-Mapping Workshop: Building Your Future-  
Ready Public Health Career**

JUNE 10TH, 2026 | ZOOM

# AGENDA

- Welcome!
- Public Health Career Road-Mapping Workshop:  
Building Your Future-Ready Public Health Career
- Question & Answer
- Closing Remarks



# **WELCOME, SUJANI SIVANANTHARAJAH**



Department  
of Health

PH SPOT

# Public Health Career

## *Roadmapping Workshop*

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*Building Your Future-Ready Public Health Career*

Impact · Fulfillment · Your wildest dreams — in a world that won't stop changing

# About PH SPOT

## Founded in 2017

 A career development platform and community for public health professionals.

 We are on a mission to help build *dream public health careers*.

You can have an impact on the world,  
find fulfillment in your career,  
and achieve your wildest dreams.

# Who am I... ...and why am I here?

I am **Sujani** Sivanantharajah (*she/her*)

Founder & CEO of PH SPOT Inc.

- ...entrepreneur & public health practitioner (Epidemiologist, MPH)
- ...a daughter, mom x2, wife, sister, niece, cousin, friend
- ...immigrant to Canada: born in Sri Lanka, settled in Canada in the early 90s

I am **here** because

- ...I love the people behind the public health workforce.
- ...I love community.
- ...I love bringing people together.



# What I need from you!

*Before we begin...*

phspot.org



## Stay open

Come ready to reflect honestly. This is a private audit, not a performance review.



## Take notes

Paper or device — you'll want to capture your roadmap as we go.



## Engage

Camera on if comfortable, and jump into the chat when prompted.

# Set Your Intention

3 minutes · In the chat

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Your name & where you work

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Your area of public health

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One word that describes where you are in your career right now

*Write it down privately: Who are you? Why are you here today?*

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# By the end of this workshop, you will...

## Embrace the Career Journey

Recognise your public health career as an evolving, future-facing journey – not a fixed destination.

## Build a Career Roadmap

Create actionable steps toward your goals, anchored to where you are today and where you want to go.

## Take Ownership

Leave with a plan

**You can have an impact on the world,  
find *fulfillment* in your career,  
and achieve your *wildest dreams*.**

*Chat prompt: When you think of the words “dream career” what comes to mind?*

## Dream public health career

 A **career** is more than landing a specific job.

 A **dream career** is a state of complete fulfillment (by your own terms).

# Dream Career $\neq$ Dream Job

## A career includes:

- The people you work alongside
- The impact you have on the world
- Your professional identity & values
- Committee & board roles
- Volunteer & community work
- Personal projects or ventures
- Content creation & advocacy
- Ongoing professional development

## In 2026, a dream career might look like:

- A portfolio career across 2-3 roles
- Independent consulting
- Cross-sector work (tech + health)
- Entrepreneurship or social enterprise
- A fully remote or international role
- Building a platform or audience

# The Three Ingredients

To bring your dream public health career to life, you need:



01

## Growth Mindset

Believe you have what it takes. Embrace challenges as opportunities to grow – especially when the landscape shifts.



02

## Career Strategy

Get clear on your vision. Build a roadmap. Execute with intention and flexibility.



03

## Community

You don't have to go at your goals alone – and you shouldn't.

## Mindset

*Believe that you have what it takes to  
achieve all of your goals/aspirations*

Mindset is everything: **growth** vs **fixed** mindset



## Carol Dweck

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In a growth mindset, **challenges are exciting** rather than threatening. So rather than thinking, oh, I'm going to reveal my weaknesses, you say, wow, here's **a chance to grow.**





# Mindset

## Growth Mindset

Challenges are opportunities to grow. Abilities develop through dedication and effort. Embracing difficulty is part of the path.

## Fixed Mindset

Talent is innate. Challenges are threatening. Failures define your abilities and ceiling.

**In 2026, a growth mindset isn't just about ambition.**

It's about not freezing when AI disrupts your field, funding shifts overnight, or a role you counted on disappears. The ability to keep moving with clarity is the skill.

*Chat prompt: What's one narrative about your career you're ready to let go of?*



## Strategy

*Get clear on your vision.*

*Create a plan,*

*Execute on the plan for this vision.*

You need a vision for  
your career.

# **Vision = the act or power of imagination<sup>1</sup>**

✨ exceptional ability to know or believe what should happen or be done in the future<sup>1,2</sup>

🌀 **Career Vision**, is therefore, that power of imagining what you want for your career.

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1 Merriam-Webster.com

2 Merriam-Webster.com, Kid's Definition

# You have the power to make your vision come to life

 *Here comes mindset again!*

*Thoughts → feelings → actions → results = reality*

You have the **power to imagine** how your career will look like.

You also have the **power to make that come to life.**

# So, what are the steps? *(It's not rocket science!)*

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- 1 Know yourself – be clear on what you want
- 2 Put your dreams on paper so you can actually see them
- 3 Believe you can achieve each goal on your list
- 4 Build a strategy – map the path from here to there
- 5 Take small steps, identify gaps, and find the right support

# Vision Statement

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**A declaration of what your career is *for* — not what you do, but why it matters and who it serves.**

- A job description tells people what you do.
- A vision statement tells people — and reminds you — why you do it.

## **What it IS:**

- One sentence
- Written in the present tense, as if it's already true
- Bold enough to feel slightly uncomfortable
- Specific to you — no one else could have written it

## **What it is NOT:**

- Your job title
- A list of goals
- A LinkedIn summary
- Something that would look good on a performance review

# Draft your vision statement

5 minutes · One sentence. Bold. Present tense.

***My career exists to [what you're here to do, and for whom]***

If you're stuck, ask yourself three things:

- What verb describes your work best? (investigate, translate, build, advocate, connect, design...)
- Who is better off because of this work?
- What would feel true ten years from now?

*"My career exists to be the bridge between the science and the story, so that public health findings don't die in journals."*

*"My career exists to make climate and health inseparable in every room where public health decisions get made."*

*"My career exists to build public health expertise so valuable that I never have to choose between doing meaningful work and being paid what I'm worth."*

*"My career exists to give the next generation of public health professionals the mentorship and tools I had to find on my own."*

# Draft your vision statement

5 minutes · One sentence. Bold. Present tense.

Using an AI tool to help you draft this statement:

*"I'm a public health professional and I want to write a one-sentence career vision statement that starts with 'My career exists to...' It should be bold, specific, and feel like a declaration — not a job description. Here's what I know about my work and what I care about: [describe your area of work, the population or problem you care most about, and what you want to be true because of your career]. Help me draft three versions, ranging from safe to bold, and then tell me which one you think is most honest."*

# Share your vision statement

15 minutes · Breakout Room



Introduce yourself



Share your vision statement



Ask each other questions

When we regroup: Share reflections on the vision statements you discussed

# So, what are the steps? *(It's not rocket science!)*

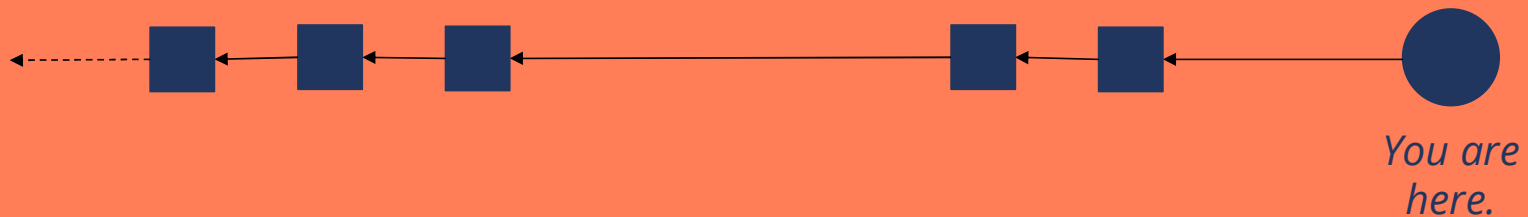
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- 1 Know yourself – be clear on what you want
- 2 Put your dreams on paper so you can actually see them
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# A Look at the Past

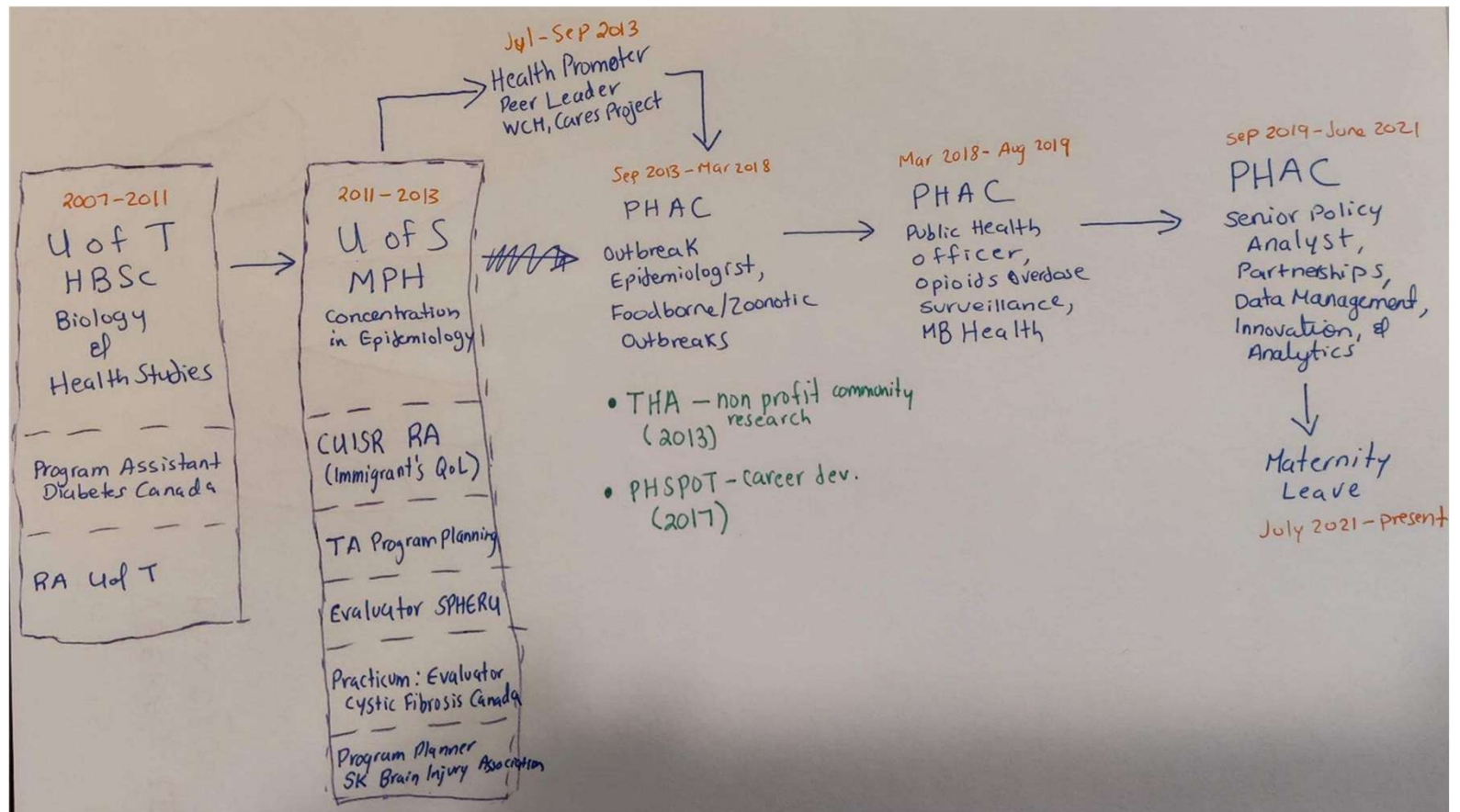
*Map out where you have come from.*

- 1 Go as far back as you want
- 2 Include jobs, volunteering, committees, education, networking events
- 3 Add dates and key details to each milestone
- 4 Highlight moments where you built future-ready skills – even without realising it at the time



# A look at the past

## Example

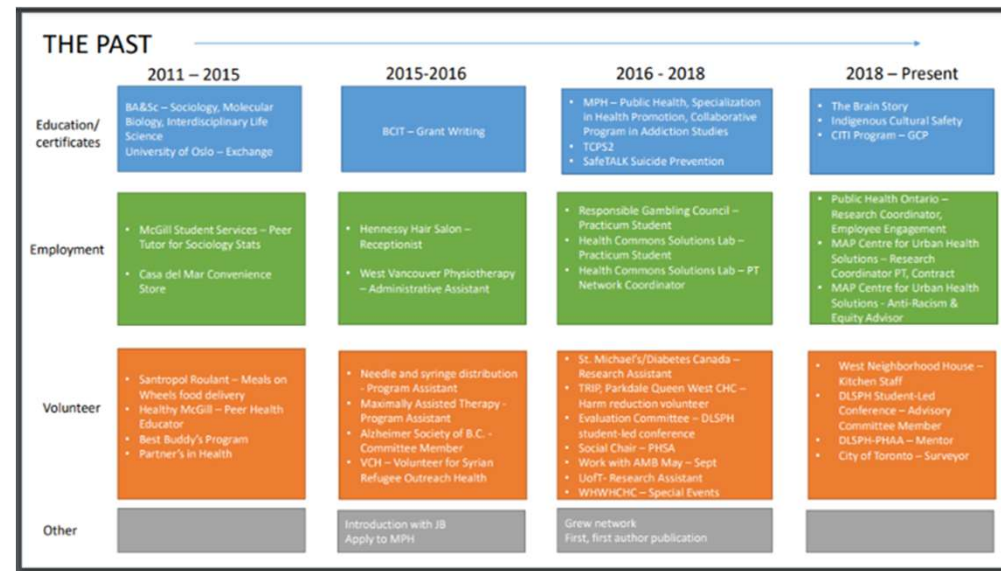


# A look at the past

## Example

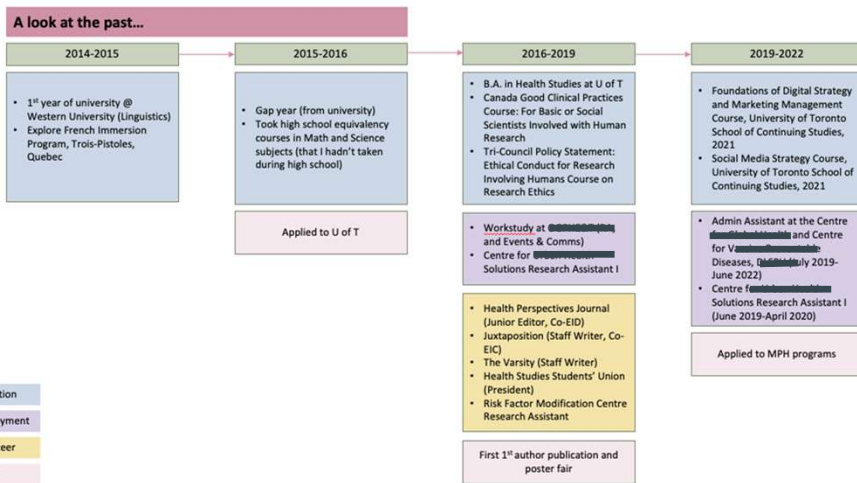
### PRESENT ROADMAP

	2008	2009	2015	2016	2018	2019	2020	2021	2022
Education	Radiology Technician Course	Medicine and Surgery University Course	Diploma Degree in Medicine and Surgery	November: Residency in Public Health	Internship at ICHOM (London)		Public Health Specialization		
Career			Interpreter of English, Pidgin English for Ancona Prefecture for migrants, refugees and asylum seeker	Medical Doctor for Welcome Centre for refugees, migrants, asylum seekers (April-October)			Associate Hospital Health Management Doctor	Associate Hospital Health Management Doctor	COVID-19 Vaccinator
Additional				Educational Health Promotion with Idea Donna		Summer School of Migrant Health WHO	Launch of <del>Health</del> Blog Participation Lancet Migration Global Statement on COVID 19 for Italy	Moving to the UK	



# A look at the past

## Example

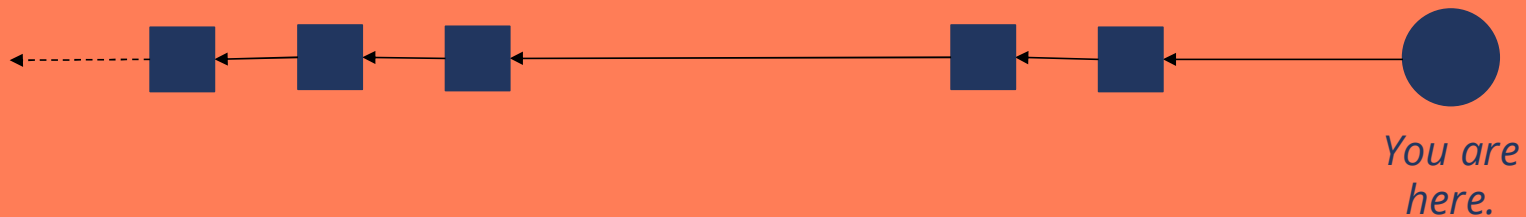


10  
Minutes

# A Look at the Past

*Map out where you have come from.*

- 1 Go as far back as you want
- 2 Include jobs, volunteering, committees, education, networking events
- 3 Add dates and key details to each milestone
- 4 Highlight moments where you built future-ready skills – even without realising it at the time



# Let's hype each other up!

Share **ONE** thing in the chat:

Something from your past roadmap that you're proud of.

Something you don't give yourself nearly enough credit for.

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*No matter where you are from, your dreams are valid. — Lupita Nyong'o*

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~~Past~~

**Present**

*Future*

# The State of Public Health Careers



## AI & Automation

Roles are being redefined. Digital skills are no longer optional for career-resilient professionals.



## Funding Uncertainty

Shifting federal priorities are reshaping the workforce. Adaptability matters more than ever.



## Non-linear Careers

Portfolio careers, consulting, and cross-sector work are on the rise – and increasingly valued.



## Cross-sector Opportunity

Tech + health, climate + health, private sector – new lanes are opening across the field.

The professionals thriving right now are not the most credentialed – they are the most adaptable.

# Your Future-Ready Career Scorecard

*Before we map where you're going, we need an honest picture of where you stand.*

**1** Digital fluency

**2** Career visibility

**3** Transferable skills

**4** Adaptability

**5** Continuous upskilling

*Rate each pillar /10 →*

# Use this scale when rating yourself on each pillar:

Reactive

**1–3**

Reacting to change as it happens – no proactive strategy yet

Developing

**4–6**

Building awareness and experimenting – direction is forming

Strategic

**7–8**

Building intentionally – you have a plan and you're executing it

Future-Ready

**9–10**

Ahead of change – proactively positioning for what's next

5 Minutes

# Your Future-Ready Career Scorecard

[\*phspot.org/scorecard\*](https://phspot.org/scorecard)

1. Do the assessment
2. Take a screenshot of your score
3. Note down your lowest score and keep as part of the evidence you are collecting about yourself.

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~~Past~~

~~Present~~

**Future**



## Where do you want to go next?

- A guide to your dream public health career
- Reduces overwhelm and uncertainty during this journey
- Gives you a sense of control & peace



## Building a public health career is a journey

- Not a destination - you are not trying to get to a single point
- It's foggy - the path is not crystal clear (or paved), but trust that you have a plan
- Path may change - embrace the change that comes with discovering yourself
- Multiple paths are likely in the planning phase

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# Looking Ahead

*Make a list of EVERYTHING in your head. Dream big — dream very big.*

Include goals tied to future-readiness: AI skills · consulting · cross-sector · visibility · upskilling

 **5 minutes — go!**

*Consult your vision statement!*

INDEPENDENT ACTIVITY: PART 1 · BRAIN DUMP

Join NGO board

Get a DrPH

Publish research

Start a podcast

Higher salary

Work internationally

Start a company

Learn AI tools

Go independent

Mentor students

*Let's hype each other up...*

**Share ONE thing you wrote  
down in the chat!**

# Organize + First Edition Roadmap

## Part 2

🕒 5 min

### Organize

Sort your brain dump into loose time horizons: near-term, mid-term, longer-term.  
Not about being rigid — just creating clusters.

## Part 3

🕒 5 min

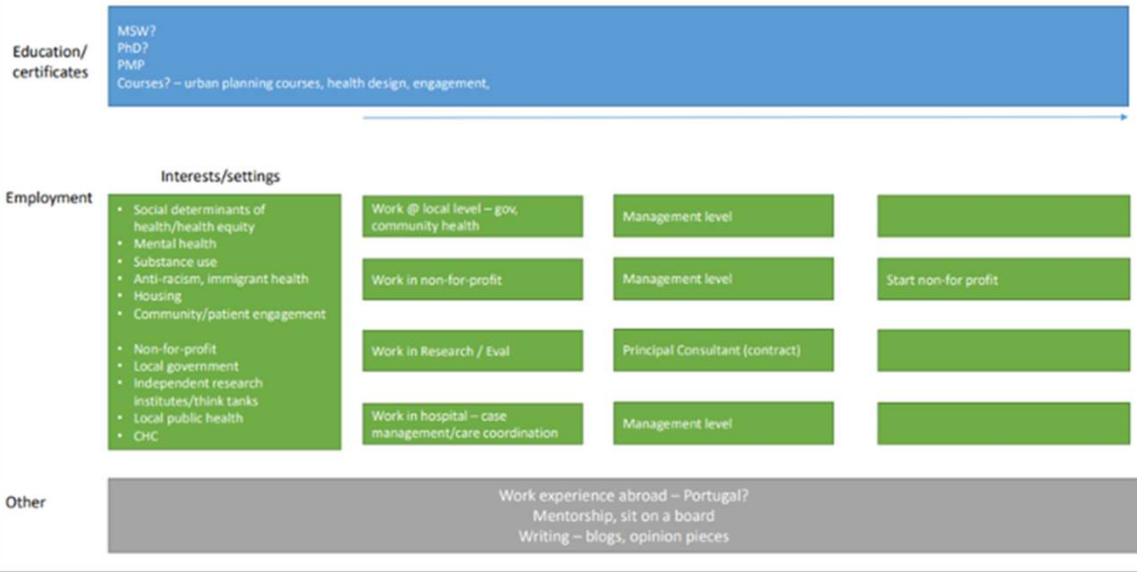
### First Edition Roadmap

What's the general order of your goals? Sketch a simple path from where you are today to where you want to go.

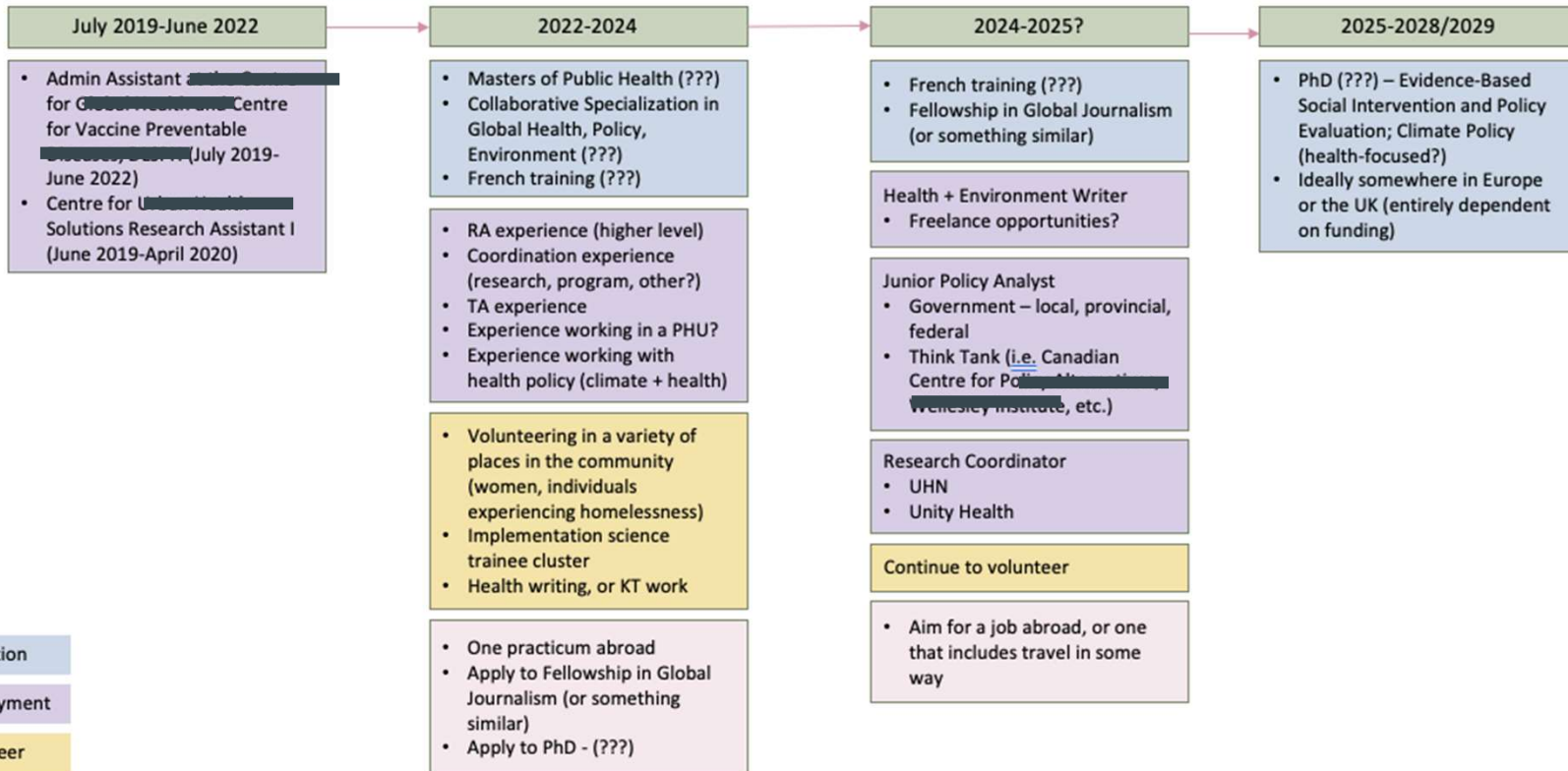
# Examples

DREAM CAREER ROADMAP			
	2022	2023	2024
Education	Master in Global Health? Master's in Health Policy?		
Career	??	Working experience in international Organization	Working for WHO/UN/Ministry of Health (UK? Nigeria?)
Additional	Launch of Public Health Project in Nigeria	Launch of The Feminist Health Blog as medical services platform	CEO of The Feminist Health Blog CEO of project in Nigeria

## THE FUTURE!?????????



## Let's look ahead (v1)...



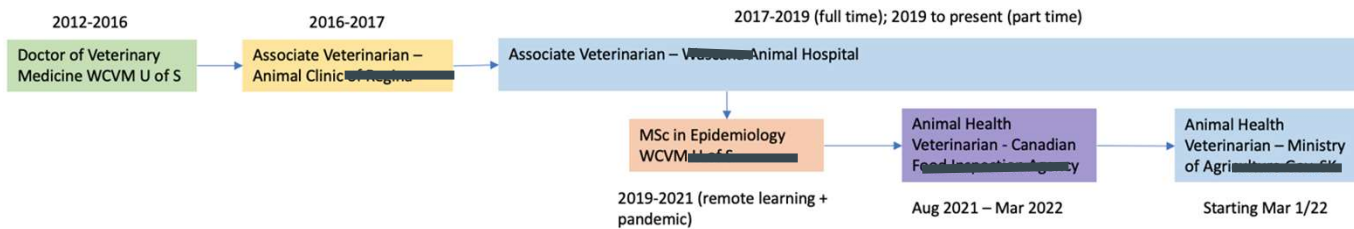
education

employment

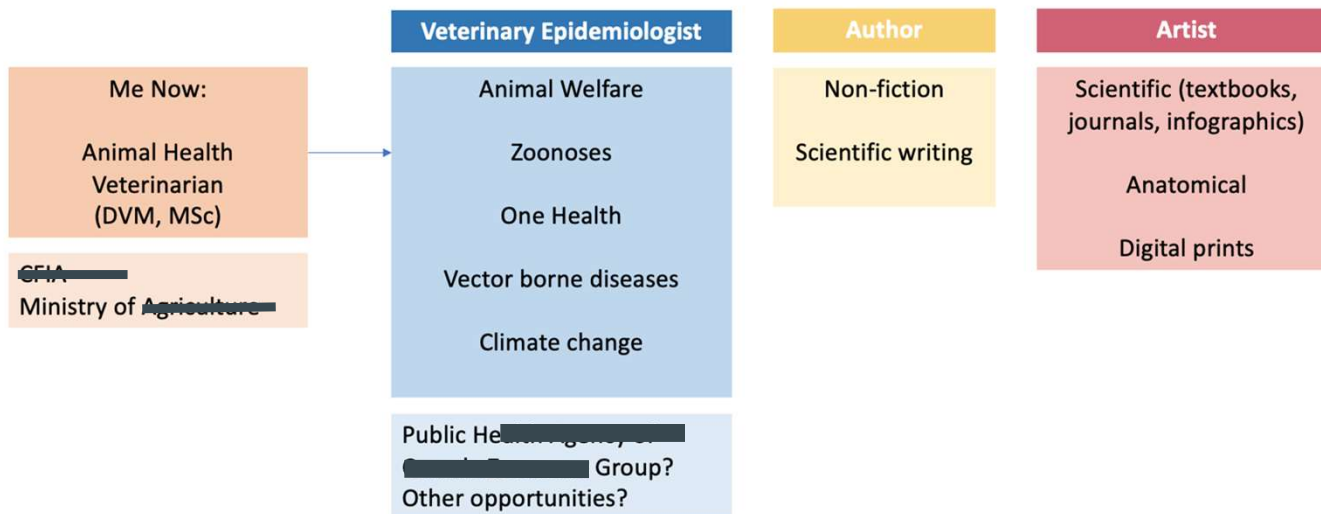
volunteer

other

Example



Other goals and aspirations I've had



Example

# Does your roadmap pass the Future-Ready check?

*Before moving to Edition 2, ask yourself:*

- ✓ Does your roadmap include a goal tied to digital skills or AI?
- ✓ Have you included a step to increase your career visibility?
- ✓ Is there a goal to expand your network beyond your current employer?
- ✓ Have you included a learning or upskilling milestone?
- ✓ Does your roadmap leave room for non-linear paths?

# Organize + First Edition Roadmap

## Part 2

🕒 5 min

### Organize

Sort your brain dump into loose time horizons: near-term, mid-term, longer-term.  
Not about being rigid — just creating clusters.

## Part 3

🕒 5 min

### First Edition Roadmap

What's the general order of your goals? Sketch a simple path from where you are today to where you want to go.

# Roadmap Edition 2 — *Building the Bridge*

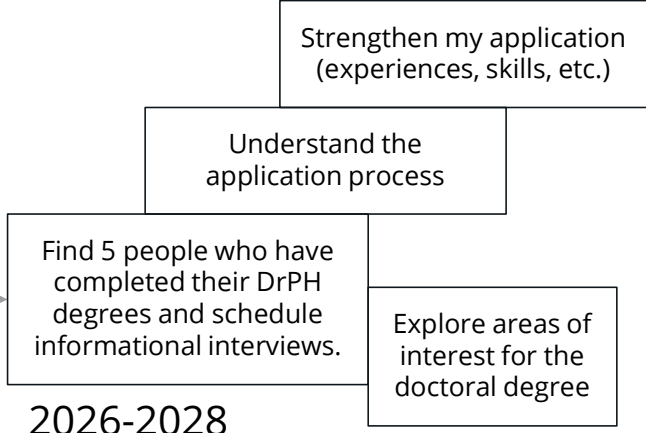
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- 1 Start with your Edition 1 roadmap
- 2 Define each goal — what does success look like for each goal. A well defined goal is important.
- 3 Work backwards: what is the step immediately before each goal?
- 4 Continue *backward-mapping* until you reach today
- 5 Turn milestones into specific, time-bound action steps
- 6 Add realistic timelines to each step
- 7 Note the people who will help you along the way



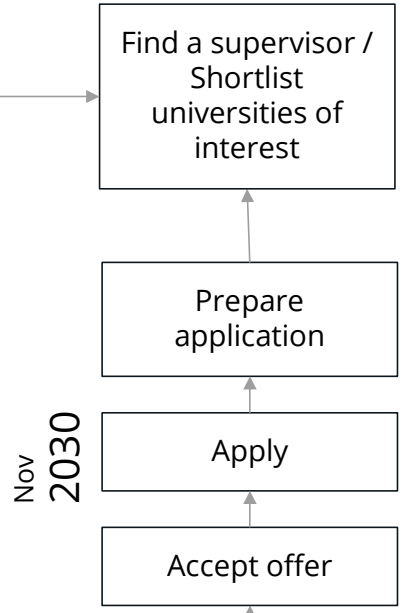
2026

The DrPH requires at least 5 years of management experience. I have the necessary experience & skills to **apply to management roles**. I will start to apply within my current department & new departments; I will also speak to my Director for management opportunities. Goal to start the latest mid-2026, to get 5 years of experience (by 2031 end).



2026-2028

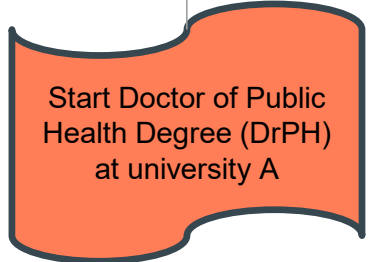
2029



Nov 2030

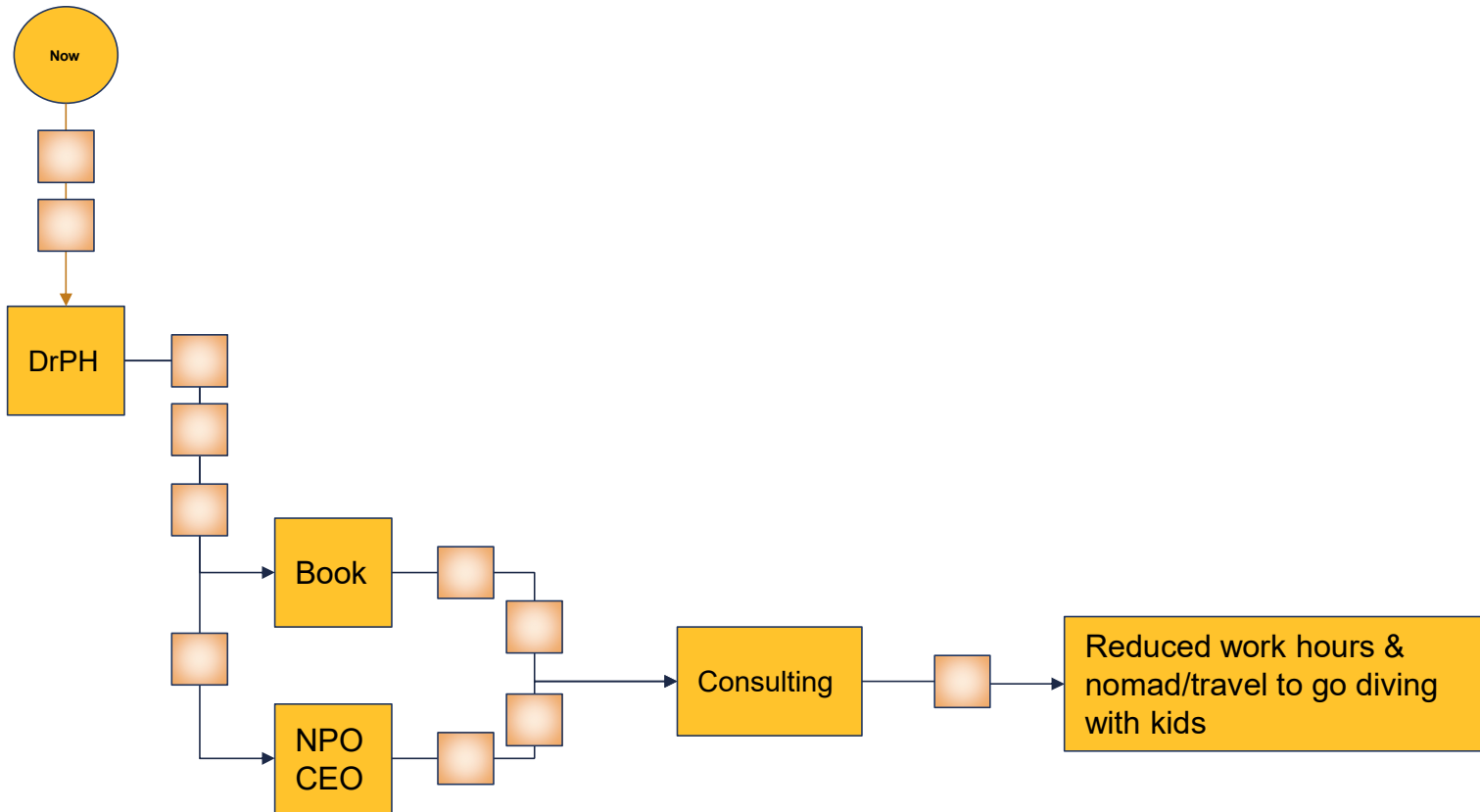
2029-2029

Sep 2031



1. Start with your edition 1 roadmap
2. Define/describe each point (i.e. goal/milestone) on your roadmap
3. Starting at the better defined points, **work backwards** and identify the step immediately before
4. Continue doing this until you get to where you are today
5. Take those milestones and turn them into action steps
6. Add timelines
7. Do this for each of your goals to finalise your 2nd EDITION CAREER ROADMAP.

# Roadmap, edition 2



# How do I figure out my next steps?

## Tip 1 Study the Role

- Search LinkedIn or Indeed for your target job title
- Read job descriptions to reverse-engineer the skills needed
- Find people in that role and study their career history
- Reach out for a 20-minute informational interview

## Tip 2 Map Emerging Paths

- Search: 'AI in public health', 'digital epidemiology', 'PH consultant'
- Note what skills appear again and again across postings
- Use this as a north star – even if you're not ready for it yet
- Follow people building these careers on LinkedIn

## Community

*Know that you don't have to go at your goals alone, and you shouldn't.*

# Community

*Know that you don't have to go at your goals alone – and you shouldn't.*



## Professional Associations

APHA, SOPHE, and your provincial or state-level associations



## Alumni Networks

Your school's public health graduate community



## Cross-org Colleagues

Peers outside your team – built intentionally over time



## Membership Communities

Curated spaces built for career growth, like PH SPOT

# The Three Ingredients

To bring your dream public health career to life, you need:



01

## Growth Mindset

Believe you have what it takes. Embrace challenges as opportunities to grow – especially when the landscape shifts.



02

## Career Strategy

Get clear on your vision. Build a roadmap. Execute with intention and flexibility.



03

## Community

You don't have to go at your goals alone – and you shouldn't.

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# What you accomplished today

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Developed a vision statement

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Mapped where you've come from and surfaced strengths you may have overlooked

---



Audited your future-readiness across 5 career pillars

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Built a first-edition career roadmap for today's changing landscape

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Connected with at least one new person in this community

# Finding Your Accountability Partner

*7 minutes*

- Introduce yourself and share ONE THING you are going to work on in the next 48 hours.
- Exchange contact information for follow up in 48 hours.
- Commit to how often you will check in with each other.

*Career goals are more likely to happen when you share them with someone.*

*Mindset is everything on this journey.*

*You need a vision for your career.*

*Find your people. Build community.*

*"The road to success is always under construction." — Lily Tomlin*

**Thank you for letting me be a part of your journey.**

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**Let's do  
questions!**

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## KEEP IN TOUCH!

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[linkedin.com/in/sujanisiva](https://www.linkedin.com/in/sujanisiva)

[phspot.org](https://phspot.org)

Join the PH SPOT  
Public Health Career Club

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[phspot.org/club](https://phspot.org/club)

# CLOSING REMARKS



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# OFFBOARDING CHECKLIST FOR FELLOWS

## NYSPHC Training and Resources Website



# FINAL FELLOW SURVEY:

- The final Fellow survey will be sent out later today and will be due on June 17th.
- It is important Fellows complete this survey to help NYSPHC collect final feedback about the program, your plans post-fellowship, your final skills assessment, and your experience with the year two certifications.
- This data will help inform our final reporting on program outcomes.

# CONNECT ON LINKEDIN

- Stay connected with each other on LinkedIn
  - If you haven't yet, create your LinkedIn profile
  - Share your LinkedIn URL in the chat
  - Add your Fellowship experience to your LinkedIn profile
  - Share your contact information with each other by completing the Fellow survey

# REMINDER: EMPLOYEE ASSISTANCE PROGRAM



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## Help for what matters most

### Your employee assistance program

Our Employee Assistance Program offers services to help promote well-being and enhance the quality of life for you and your family.

Support and guidance is available for assistance with family and personal issues online at [worklife.uprisehealth.com](http://worklife.uprisehealth.com) and by phone at 1-800-386-7055.

Help with health	Help with family	Help with legal and financial
<ul style="list-style-type: none"> <li>• Healthy living</li> <li>• Stress management</li> <li>• Mental health</li> <li>• Diet and fitness</li> <li>• Overall wellness</li> </ul>	<ul style="list-style-type: none"> <li>• Parenting support</li> <li>• Child and elder care</li> <li>• Learning programs</li> <li>• Special needs help</li> </ul>	<ul style="list-style-type: none"> <li>• Legal issues</li> <li>• Will preparation</li> <li>• Taxes and debt</li> <li>• ID theft services</li> <li>• Financial tools and assistance</li> <li>• Medical bill negotiation tools</li> </ul>

### Connect to a counselor for complimentary support services:

**Email:** [eapcounselor@uprisehealth.com](mailto:eapcounselor@uprisehealth.com)

**Phone:** 1-800-386-7055  
Available 24 hours a day, 7 days a week\*

**Web:** [worklife.uprisehealth.com](http://worklife.uprisehealth.com)  
(Access code: [worklife](http://worklife))

**When calling for assistance please use the following information**

**Employer - Staffing Solutions Organization**

**Group Number - G-540112**

\*Office hours Monday-Friday 8am-5pm EST. Live answer exchange available after hours. The Employee Assistance Program services are provided by Guardian Health, and its contractors. Guardian does not provide any part of the Employee Assistance Program. Guardian is not responsible or liable for care or advice given by any provider or resource under the program. This information is for illustrative purposes only. It is not a contract. Only the Administration Agreement can provide for actual benefits, services, limitations and exclusions. Guardian and Uprise Health reserve the right to discontinue the Employee Assistance Program program at any time without notice. Legal services provided through the Employee Assistance Program will not be provided in connection with or preparation for any action against Guardian, its affiliates or your employer. The Employee Assistance Program is not an insurance benefit and may not be available in all states. If you wish communications may be in English only. The Guardian Insurance Company of America, New York, NY. Uprise Health, Laguna Hills, CA. Guardian is a registered trademark of The Guardian Insurance Company of America and used with express written permission. © Copyright 2022 The Guardian Life Insurance Company of America.

**THANK YOU!**



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