



Department
of Health

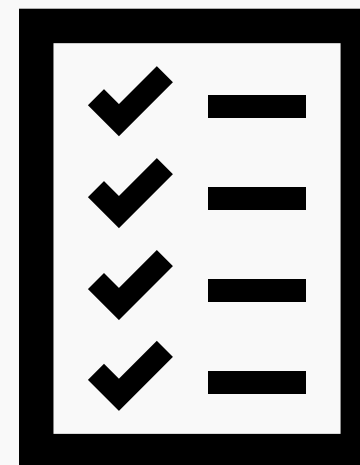
New York State Public Health Corps Fellowship Program

Brave Leadership

OCTOBER 8TH, 2025, NYSPHC EDUCATIONAL SERIES | ZOOM

AGENDA

- Housekeeping Items
- Learning Objectives
- Presentation: *Brave Leadership*
- Q&A
- Closing Remarks



HOUSEKEEPING ITEMS

- Recorded meeting. Slides and recording will be available after the event
- Please turn on your camera on, if you wish
- We welcome questions in the chat box throughout the presentation
- Stay muted until the Q&A session

LEARNING OBJECTIVES

At the end of the session, participants will be able to:

- Identify the traits that will allow all of us to demonstrate Brave Leadership.
- Understand the importance of finding the courage to lead through our vulnerabilities.
- Develop our own brave-based values and how to apply them to our everyday leadership.

WELCOME!

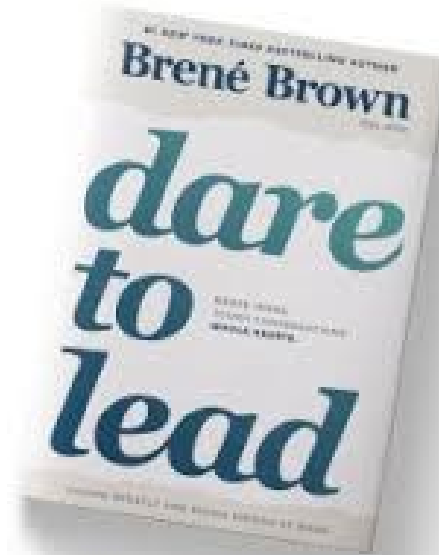
DR. JILLIAN BUMPUS



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*Daring
leaders who
live into
their values
are never
silent about
hard things.*

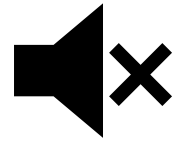
 Brené Brown



BRAVE LEADERSHIP

JILLIAN M. BUMPUS, MBA, PSYD

OUR TIME TOGETHER...



Stay muted, but not quiet



Listen, Reflect and Share on Chat



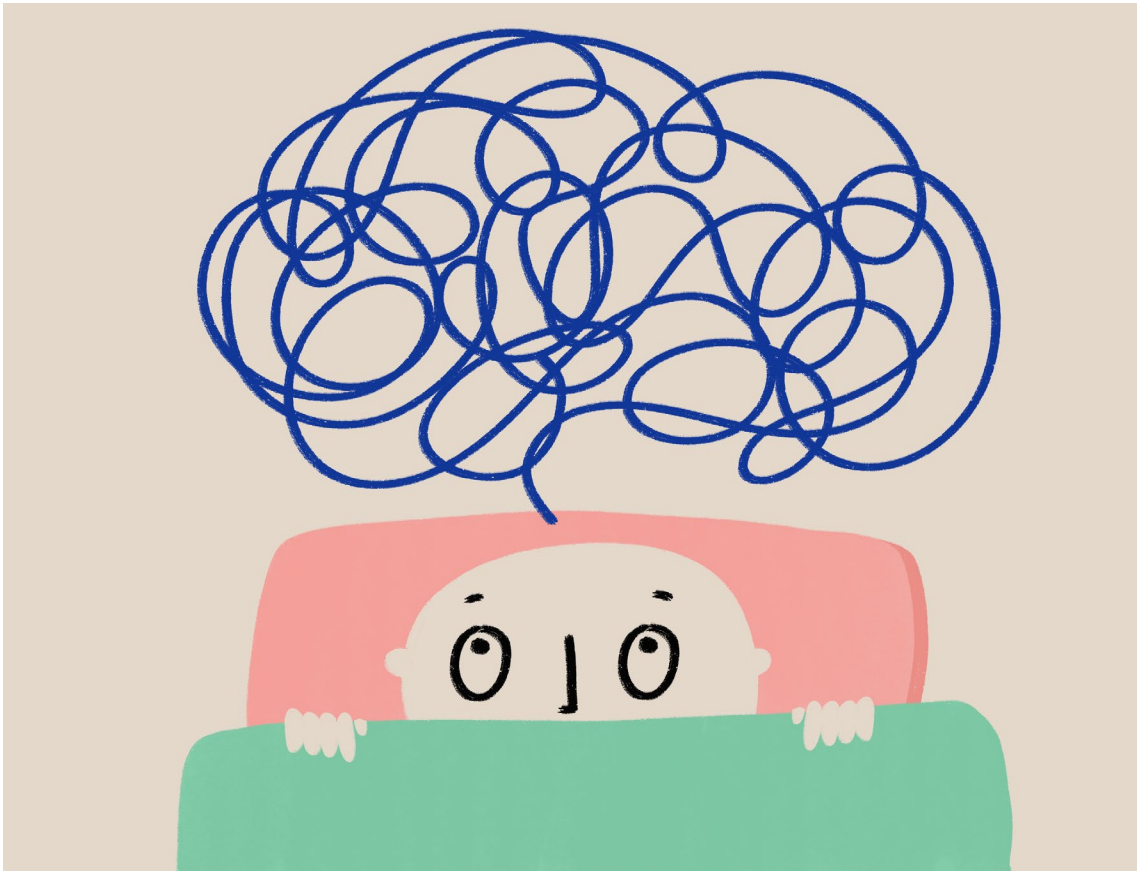
Camera's On or Off, your choice!



Today and Beyond!



I WISH I HAD...



- Get a pen and paper
- Write down the words “I wish I had”
- Reflect on a moment you wish you had made a different decision.
- Complete this sentence
- Put it aside for a moment

A person in a dark hoodie stands on a rocky ledge inside a cave, looking out at a vibrant green aurora borealis in a misty, mountainous landscape. The scene is illuminated by the green light of the aurora, creating a surreal and atmospheric setting.

BRAVE LEADERSHIP TRUTHS

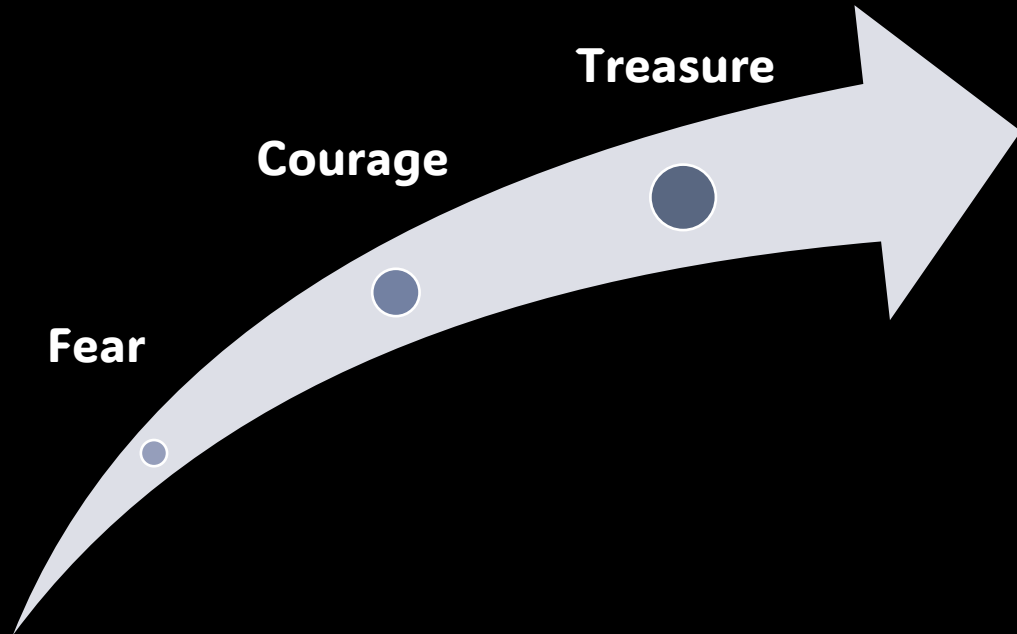
COURAGE ONLY EXISTS WITH FEAR

FEAR CAN EXIST ALONE

WHAT GETS IN THE WAY BECOMES THE
WAY

THE CAVE YOU FEAR TO ENTER HOLDS THE
TREASURE YOU SEEK
JOSEPH CAMPBELL

BRAVE LEADERS



WHERE IS VULNERABILITY IN ALL THIS?

Pick up your “I wish I had” statement.

1. What is the treasure you seek?
2. What is the cave you fear to enter?

What stopped you from doing this thing you wanted to do?



Vulnerability

The emotion we experience during times of uncertainty, risk and emotional exposure.

VULNERABILITY

Vulnerability Lies to Us

- Are vulnerable experiences easy? No
- Can they make us feel anxious and uneasy? Yes
- Do they make us want to self-protect? Yes
- Does showing up for these experiences with a whole heart and no armor require courage? Absolutely.

Shame

Misguided

Guilt

Not Good Enough

Angry

Sad

Lost

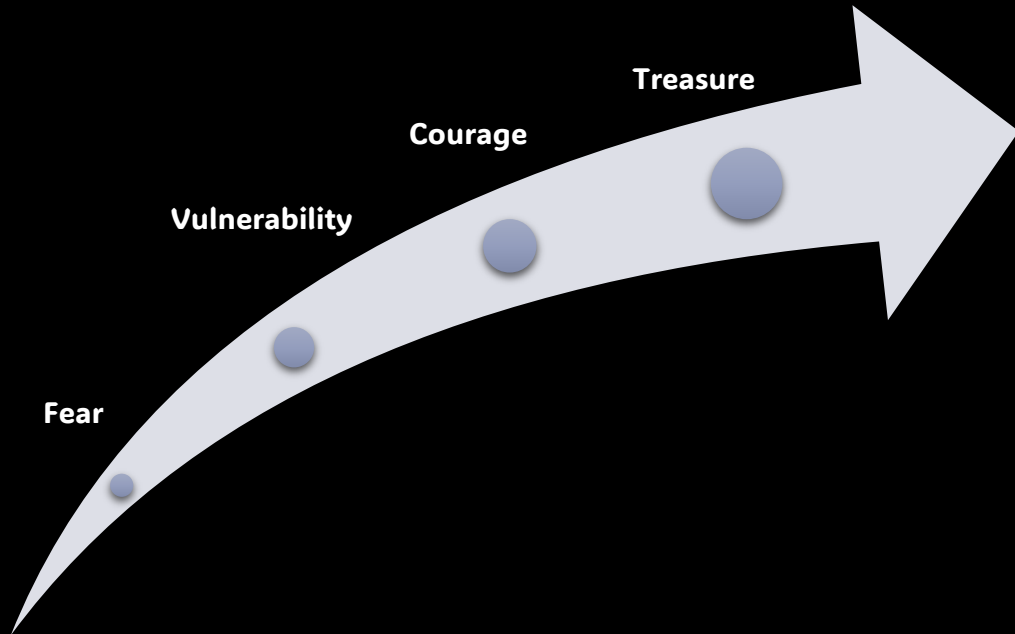
Misunderstood

Weak

Confused

So why do we have to be vulnerable to be courageous?

BRAVE LEADERS





HOW DO WE MOVE FROM VULNERABILITY TO COURAGE?

- **Trust Ourselves**
- **Trust Others**
- **Trust the Process**

It comes down to 4 sets of skills...

**RUMBLING WITH
VULNERABILITY**

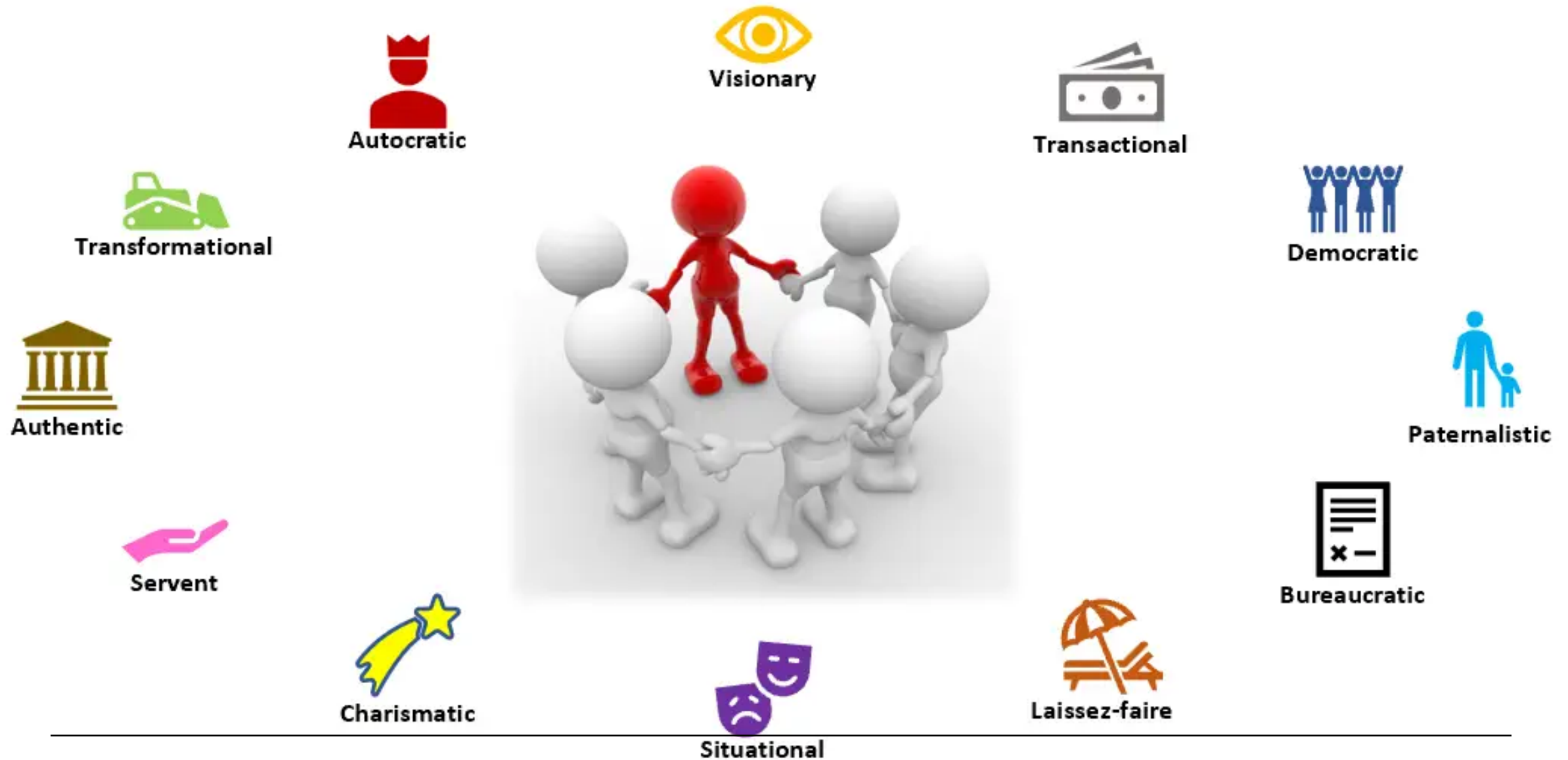
**LIVING INTO YOUR
VALUES**

BRAVING TRUST

LEARNING TO RISE



12 Leadership styles



DARE TO LEAD ASSESSMENT

- The willingness and ability to rumble with vulnerability is the foundational skill of courage-building. Without this core skill, the other three skill sets are impossible to put into practice. Consider this carefully: Our ability to be daring leaders will never be greater than our capacity for vulnerability.
- Living into our values means that we do more than profess our values, we practice them. We walk our talk—we are clear about what we believe and hold important, and we take care that our intentions, words, thoughts, and behaviors align with those beliefs. Freedom to invent.
- Trust is built in small gestures and over time. It is an iterative process between two people or within a team that is based on behaviors in seven specific areas. These areas are captured by the acronym BRAVING (Boundaries, Reliability, Accountability, Vault, Integrity, Nonjudgment, and Generosity).
- The Learning to Rise process is about getting up from our falls, overcoming our mistakes, and facing setbacks in a way that brings more learning and strength. As tough as it is, the payoff is huge: When we have the courage to walk into our hard experiences of failure and disappointment, and own those stories, we get to write the ending. And when we don't own our stories of failure, setbacks, and hurt—they own us.



EVERYDAY LEADERSHIP

TURN YOUR CAVE INTO LOLLIPOP MOMENTS



WHAT NEXT?

PERMISSION SLIPS – WRITE DOWN ONE THING THAT YOU GIVE YOURSELF PERMISSION TO DO OR FEEL FOR THE THING YOU ARE ABOUT TO DO

WORK ON BUILDING BRAVE-BASED VALUES

BUILD A BRAVE LEADER VISION BOARD

Build a Brave Leader Vision Board

THINK BIG

- How do you want to feel (ie Less stressed)
 - I want to continue to do these things that I enjoy...
 - My academic and career vision is....
 - I hope to have achieved all of these things
 - I want to have done these things that I enjoy ...
 - I hope to have experienced all of these things
 - I want to have done this in leadership
 - Some quotes that inspire me are....
-

BE A BRAVE LEADER
THAT BUILDS
COURAGEOUS
CULTURES

I DARE YOU...

DARING GREATLY
LEADERSHIP MANIFESTO

leader /ˈlɪdər/ n: Anyone who holds her- or himself accountable for finding potential in people and processes.

WE WANT TO SHOW UP, WE WANT TO LEARN AND
WE WANT TO INSPIRE.

WE ARE HARDWIRED FOR CONNECTION, CURIOSITY, AND ENGAGEMENT.

WE CRAVE PURPOSE, AND WE HAVE A DEEP DESIRE TO CREATE AND CONTRIBUTE.
**WE WANT TO TAKE RISKS,
EMBRACE OUR VULNERABILITIES, AND BE COURAGEOUS.**

WHEN LEARNING AND WORKING ARE DEHUMANIZED –
WHEN YOU NO LONGER SEE US AND NO LONGER ENCOURAGE
OUR DARING, OR WHEN YOU ONLY SEE WHAT WE PRODUCE OR
HOW WE PERFORM – WE DISENGAGE AND TURN AWAY FROM
THE VERY THINGS THAT THE WORLD NEEDS FROM US:
OUR TALENT, OUR IDEAS, AND OUR PASSION.

WHAT WE ASK IS THAT YOU
ENGAGE WITH US, SHOW UP
BESIDE US, AND LEARN FROM US.

FEEDBACK IS A FUNCTION OF RESPECT;
WHEN YOU DON'T HAVE HONEST CONVERSATIONS WITH US
ABOUT OUR STRENGTHS AND OUR OPPORTUNITIES FOR GROWTH,
WE QUESTION OUR CONTRIBUTIONS AND YOUR COMMITMENT.

ABOVE ALL ELSE, WE ASK THAT YOU SHOW UP,
LET YOURSELF BE SEEN, AND BE COURAGEOUS.
DARE GREATLY WITH US.

QUESTIONS?



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CLOSING REMARKS



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SAVE THE DATE! NYSPHC CONSORTIUM

- Join us on **Wednesday, October 22nd from 1:00-2:30pm** for NYSPHC's next Consortium Meeting!
- This month's Consortium will feature three Fellow Spotlight presentations and continue our networking series designed to provide Fellows with the chance to converse with NYSPHC mentors and peers from around New York State in two 20-minute breakout rooms.
- Participants are required to register for this event prior to attendance with supervisory approval.

OFFBOARDING CHECKLIST FOR FELLOWS

NYSPHC Training and Resources Website



The screenshot shows the top navigation bar of the NYSPHC website. The menu items are: Home, About, Fellow Resources, Mentor & Supervisor Resources, Public Consulting Group (PC), Public Health Careers, Mental Health Resources, Events Calendar, Resource Library, and Feedback. Below the navigation bar, the text "Offboarding Checklist for Fellows" and "NYSPHC Public Site" are visible. The main header area contains "New York State Public Health Corps" and "Fellowship Program" in large bold text. A red arrow points from the "Upcoming Events" link to the "Offboarding Checklist for Fellows" menu item. Another red arrow points from the bottom of the slide to the "Fellowship Program" text.

Home About Fellow Resources Mentor & Supervisor Resources Public Consulting Group (PC)
Public Health Careers Mental Health Resources Events Calendar Resource Library Feedback
Offboarding Checklist for Fellows NYSPHC Public Site

New York State Public Health Corps
Fellowship Program

[Upcoming Events](#)



NYSPHC LINKEDIN GROUP

- Stay connected with NYSPHC on LinkedIn
 - Stay updated on public health events
 - Engage with polls and share your insights



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

Connect to a counselor for complimentary support services:

Email: eapcounselor@uprisehealth.com

Phone: 1-800-386-7055

Available 24 hours a day, 7 days a week*

Web: worklife.uprisehealth.com

(Access code: [worklife](#))

When calling for assistance please use the following information

Employer - Staffing Solutions Organization

Group Number - G-540112

*Office hours: Monday-Friday 9am-5pm PST. Live answer exchange available after hours. The Employee Assistance Program services are provided by Uprise 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 the actual terms, services, limitations and exclusions. Guardian and Uprise Health reserve the right to discontinue the Employee Assistance 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, Uprise Health or your employer. The Employee Assistance Program is not an insurance benefit and may not be available in all states. (Future written communications may be in English only.) The Guardian Life Insurance Company of America, New York, NY. Uprise Health, Laguna Niguel, CA. Guardian is a registered trademark of The Guardian Life Insurance Company of America and is used with express written permission. © Copyright 2022 The Guardian Life Insurance Company of America.

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