

**1. What unique skills or perspective will you bring to Executive Board if elected?**

There are many skills that can benefit the role of a successful member of the Executive Board. I hope to bring several key perspectives that, if elected, will positively impact the Executive Board. One perspective is my knowledge of what is necessary to be a member of the Board. Having served as an ex-officio member, I am aware of the responsibilities and time commitment that is involved in board service. I have demonstrated the ability to prioritize the needs of board service while serving in multiple leadership positions. I am not afraid to put in the hard work and dedication necessary to be effective as a Board member. I am aware of the time commitments, as well as the weight of the nature of this role. I am walking into a role that, if elected, I am fully aware of the duties required. I also have support from my current role including supervisors, PhD advisors and my principal investigator. I promise to honor the time and commitment that this board position requires.

In my ex-officio Executive Board member role, we compiled a word cloud to define what our goals were during 2023 regarding our roles and responsibilities. Two key words were highlighted: collaboration and transparency. Going into this role I aim to bring both to light. In my volunteer work with APHA I have learned the importance of connection. I have gained strong skills related to networking – a trait I directly attribute to the colleagues and friends. I have gained valuable friendships from APHA. I am continuously challenged through my ability to collaborate with other passionate professionals. I have also learned to navigate people skills through positive interactions and how that directly relates to leadership roles that serve a collective community. I have gained an understanding of organization systems and structures, as well as areas of public health I have not been able to explore professionally. I have learned how to navigate best practices, a code of ethics, budgeting, program planning, professional education and so much more. APHA continues to challenge me, and I am still learning every day. I have also gained an understanding of how transparency is integral to success on the Executive Board. Without it, we cannot effectively lead in an ethical manner, which is the very core of our work in public health. I have learned that honesty is not always easy, but it's necessary to maintain in order to lead with integrity. There are times that will be very uncomfortable however strong decisions need to be made that may not always appease everyone.

If elected, I will bring an open mind, an excitement to foster collaborative connections and most of all – a love and passion for serving in this leadership capacity. I will utilize my skills to contribute to the mission and goals of APHA.

**2. Please suggest how APHA can increase the growth, retention of members and value of membership to current and prospective members including affiliates and student members.**

One common theme that I have spoken about is overcoming the boundaries related to imposter syndrome. I come into this role as a younger current member, where my experience has been defined by my eight years of volunteering within APHA. But that comes with hesitation and questions regarding how competent I am when I sit in a room full of professionals who have achieved goals I can only still dream of accomplishing. However, it is because of APHA that I have learned the following: as members we are driven by our love for public health and collectively, we are so powerful.

I have been uplifted by those around me and I would like to continue to see us support future leaders through consistent outreach. My interactions with members within APHA have shaped my own journey. That concept is the defining point in what I believe will strengthen our membership body. I was taught the value of my skills and challenged in areas that were beyond the scope of my professional role. My MPH education was valuable, but my APHA education is invaluable. I believe that this is an untapped potential that is contributing to some gaps I have encountered. We need consistent outreach opportunities to our members – current members, prospective members, students, affiliates, leadership, boards, sections and committees. We have powerful public health leaders in this organization and the ability to extend outreach opportunities to shape our future leaders. We must continue to leverage this talent. We must identify and support our members to encourage continued advocacy for public health. When we consistently highlight the value of our membership body, growth will naturally follow. Through this, we have the opportunity to navigate fiscal barriers, grow support for our APHA communities and increase member retention by embracing the natural resources our members bring to the table.

I remember entering as a student and being encouraged by others. This made me feel like nothing was beyond my reach. My experience with APHA has filled my cup in many ways and I will continue to pour into others to positively influence our organization. My drive has only been shaped by my individual experience and as an organization we need to ascertain that every person who becomes a member is steered towards opportunity. That is how we show our members the value in the APHA community.