



Theresa L. Armstead, PhD, MS, BCC

Coach, Consultant, Public Health Strategist, &
Author

SteadeSolutions, LLC

*Clarity for today.
Direction for
tomorrow.*

Areas of Expertise:

- Performance improvement
- Implementation science & data-to-action processes
- Community health, mobilization, & organizing
- Systems change & capacity building
- Health equity
- Violence prevention

Ready for What's Next?

Let me know how I can support you! Contact at steadesolutions.com or grow@steadesolutions.com.

Website



The mission of SteadeSolutions, LLC is equipping public health leaders, teams, and mission-driven organizations to turn their purpose into meaningful impact.

Dr. Theresa L. Armstead, PhD, is a public health strategist, executive coach, educator, and organizational effectiveness consultant with more than two decades of experience strengthening leaders, teams, programs, and systems. At the heart of her work is a simple purpose: equipping people to lead with clarity, confidence, competence, and impact in service of the communities and systems they support.

***I'M IMPRESSED BY DR. ARMSTEAD'S EXPERTISE AND ENGAGING PRESENTATION STYLE. SHE LED A SEMINAR ON LEADERSHIP FOR MY TEAM, AND THE INSIGHTS AND STRATEGIES SHARED WERE BOTH PRACTICAL AND THOUGHT-PROVOKING."* – MB**

Services

Leadership Coaching

I support professionals and leaders as they navigate transitions, clarify purpose, strengthen confidence, and move from feeling stuck to taking purposeful next steps.

Training & Workshops

I design and deliver interactive learning experiences that strengthen leadership, trust, communication, and team effectiveness.

Team Facilitation

I facilitate retreats, planning sessions, workforce conversations, and team development experiences that help groups align, engage, and move toward action.

Strategic Consulting

I help mission-driven organizations strengthen workforce effectiveness, strategic learning, performance improvement, and systems impact.

Public Speaking

I speak on leadership, resilience, purpose, transition, trust, and equipping people to serve with clarity and impact.

