



SteadeSolutions, LLC

Leadership, Workforce Development & Strategic
Learning Support for Public Health and Mission-Driven
Organizations

*Helping teams move from complexity to clarity, learning, and
action.*

[*University & Academic Partners Click Here](#)





The Challenge Facing Public Health and Mission-Driven Teams

Public health and mission-driven organizations are being asked to do more with strained teams, complex systems, shifting priorities, and increasing expectations for measurable impact.

Common challenges include:

- Workforce fatigue, turnover, and leadership transitions
- Teams needing stronger trust, clarity, and collaboration
- Programs collecting data but struggling to turn learning into action
- Contractors needing senior-level support for training, team facilitation, evaluation, and public health strategy
- Organizations needing practical, human-centered approaches to performance improvement



When People and Systems Are Stretched, Impact Suffers

When teams lack clarity, trust, or practical learning structures, good work can stall. Strategies remain on paper, data do not inform decisions, staff lose energy, and leaders carry too much alone. Communities and public health systems feel the downstream effects.

StadeSolutions helps organizations create the conditions for clearer leadership, stronger teams, better learning, and more purposeful action.



Steadesolutions equips people, teams, and organizations through four connected lanes:



COACHING EQUIPS INDIVIDUALS

LEADERSHIP GROWTH, CAREER TRANSITION, CLARITY, CONFIDENCE, PURPOSE, EXECUTIVE PRESENCE.



TRAINING AND TEAM FACILITATION EQUIPS GROUPS

LEADERSHIP DEVELOPMENT, TRUST-BUILDING, RETREAT DESIGN, TEAM LEARNING, WORKFORCE ENGAGEMENT.



CONSULTING EQUIPS ORGANIZATIONS AND SYSTEMS FOR ACTION

PUBLIC HEALTH STRATEGY, STRATEGIC LEARNING, PERFORMANCE IMPROVEMENT, IMPLEMENTATION SUPPORT.



SPEAKING EQUIPS BROAD AUDIENCES

KEYNOTES AND TALKS THAT HELP PEOPLE NAVIGATE CHANGE, LEAD WITH PURPOSE, AND MOVE TOWARD ACTION.

Teaching Equips the Next Generation

Experienced university educator with graduate and undergraduate teaching experience across public health, population health, community interventions, health promotion, and community development, including online and in-person instruction.



Georgia Southern University

Population Health Sciences - Undergraduate



Georgia State University

Community Interventions, Social Change, and Prevention - Graduate



University of Iowa

Health Promotion & Disease Prevention · Community Development - Graduate



Vanderbilt University

Action Research · Applied Human Development · Small Group Behavior ·
Understanding Organizations - Undergraduate teaching assistant experience

From Classroom Learning to Public Health Practice

I believe education should do more than transfer knowledge. *It should equip students to think critically, reflect on complexity, apply what they learn, and serve others with confidence, curiosity, and purpose.*

My teaching approach integrates:

- Real-world public health applications
- Interactive discussion, reflection, and collaborative learning
- Evidence-informed problem-solving
- Leadership development and workforce readiness
- Human-first instruction that challenges learners to grow

Potential academic contributions: Adjunct instruction, guest lectures, course development, applied learning workshops, professional development, and academic-practice collaborations.





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CORE CAPABILITY AREAS

Leadership Development, Coaching & Professional Growth

- *Executive and leadership coaching*
- *Leadership identity, confidence, communication, and effectiveness*
- *Leadership development workshops and cohort learning experiences*
- *Public speaking on leadership, resilience, transition, trust, and purposeful action*

Training & Team Facilitation

- *Leadership development training*
- *Team effectiveness and trust-building sessions*
- *Communication, collaboration, and shared leadership training*
- *Action planning sessions for leadership, workforce, and team improvement*

Strategic Learning & Performance Improvement

- *Data-reflection-to-action processes*
- *Performance improvement planning*
- *Evaluation-informed planning and decision-making*
- *Adaptive planning and action planning sessions*

Public Health Workforce Development & Systems Strategy

- *Training and professional development for public health professionals*
- *Technical assistance for workforce, leadership, and organizational learning initiatives*
- *Systems improvement and organizational capacity building*
- *Support for public health infrastructure and systems-change efforts*



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LLC**

Grounded in Federal Public Health, Evaluation, and Leadership Experience

- *Nearly 20 years of public health, evaluation, research, and systems improvement experience*
- *Former leader in a federal public health agency with experience guiding national initiatives, evaluation strategies, training, technical assistance, and data-to-action processes*
- *Co-author of the updated CDC Evaluation Framework publication*
- *Co-author of peer-reviewed work on CDC COVID-19 Health Disparities Grant investments*
- *Experienced supervisor, mentor, coach, trainer, facilitator, and public speaker*
- *Board Certified Coach with expertise in leadership, workforce development, organizational learning, and public health strategy*





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Where SteadeSolutions Adds Value as a Partner or Subcontractor

SteadeSolutions can support primes, agencies, universities, and research organizations by providing senior-level capacity in:

- *Leadership development and coaching support*
- *Workforce training and adult learning*
- *Team facilitation, retreats, and planning sessions*
- *Public health strategy and implementation support*
- *Strategic learning, data reflection, and performance improvement*
- *Qualitative insight, evaluation-informed learning, and data-to-action processes*
- *Meeting design, synthesis, technical writing, and partner-facing support*

SAM Active | WOSB certified | UEI: F8XBAFNMRB74 | CAGE: 22BU2





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Sample Engagements

- Leadership development workshops for emerging, mid-level, or informal leaders
- Team retreats focused on trust, clarity, shared vision, and next-step planning
- Leadership coaching support for leaders navigating transition, complexity, or expanded responsibility
- Strategic learning sessions to help teams move from data and reflection to action
- Public health workforce development trainings and learning communities
- Keynotes on purpose, resilience, trust, leadership, and career empowerment





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What Partners Can Expect



01

Human-centered, practical support grounded in public health experience



02

Ability to translate complexity into clear, actionable next steps



03

Strong facilitation, synthesis, communication, and relationship skills



04

Senior-level judgement with a collaborative subcontractor mindset



05

Work that centers clarity, trust, learning, usefulness, and practical progress



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TESTIMONIALS

COACHING

"[She] offered specific solutions in systematic ways that helped declutter thoughts, define personal mission and purpose, weigh options, and strategize for a path forward." - BJ

TRAINING/ FACILITATION

"[Her] ability to convey complex concepts in an accessible way made the session truly valuable." - MB

CONSULTING/ STRATEGIC LEARNING

"[She] transforms complex data into clear, compelling insights that make the value of public health investments unmistakable." - SMJ





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Let's Explore Fit?

Steadesolutions is available for subcontracting, consulting, coaching, training, team facilitation, and public speaking opportunities.



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