Theresa L. Armstead, PhD, MS, BCC

Public Health Strategist | Educator | Executive Coach | Consultant

SteadeSolutions, LLC

University Teaching Experience

Georgia Southern University
Population Health Sciences (2026)

Georgia State University
Community Interventions, Social Change, and Prevention (2023)

University of Iowa
Health Promotion & Disease Prevention (2007–2010)
Community Development in Public Health (2009)

Instructor of record |
Online & in-person teaching experience

Let's Connect
grow@steadesolutions.com

Scan to Explore Opportunities

Equipping the Next Generation of Public Health Professionals

SteadeSolutions partners with universities, schools of public health, and workforce development programs to strengthen teaching, applied learning, leadership development, and public health practice. Drawing on more than two decades of academic and federal public health experience, Dr. Theresa Armstead bridges classroom learning with real-world application to equip students, professionals, and organizations for meaningful impact.

Services

Teaching & Applied Learning
I bring real-world public health experience into the classroom through interactive instruction, discussion, reflection, and practical application. Available for adjunct teaching, guest lectures, course development, and applied learning opportunities.

Leadership & Career Coaching
I help students, faculty, and emerging leaders navigate transitions, build confidence, clarify purpose, and prepare for what's next.

Training & Team Facilitation
I design and facilitate workshops, retreats, and learning experiences that strengthen leadership, trust, collaboration, communication, and team effectiveness.

Public Health Strategy & Strategic Learning
I support academic and research initiatives through evaluation-informed strategy, implementation support, performance improvement, evidence-to-action processes.

Workforce Development & Collaboration
I partner with universities to strengthen workforce readiness, professional competencies, practice-based learning, and connections between academic preparation and public health practice.