

“7-Day Coaching for Success in Public Health” Program Calendar for 2009

Thank you for your interest in our “Coaching for Success” Program Series. All programs described in this calendar are online. Onsite customized versions of these programs are also available upon your request. Every program includes online self-learning by email or through our unique Virtual Learning Center, coaching for three months with one of our certified coaches, and all the program materials. If you want to go over what you learned, you can even take the program again for free within 12 months.

Register now at <http://midego.macrovolt.com>. A limited number of spaces are available. Please write to vlc@midego.com for onsite customized programs or to ask about arranging for a different schedule. Fees are payable upon registration. MIDEGO offers a 10% discount to organizations for the registration of groups of 4 to 9 participants and 25% discount for registration of 10 or more participants. All MIDEGO programs have a **Money Back Guarantee**. If you are not satisfied with our programs, MIDEGO will provide you with a full refund.



*Elvira Beracochea, M.D. MPH,
MIDEGO, President and CEO*

7-Day MPH

The basic approach and tools to take your public health career to the next level. Learn the “Think Big and Reach 1% Every Day” approach and put the “QEC” tools to work to succeed in your career and make a difference in the lives of the people around you. Build on your unique strengths and design a clear path to fulfill your public health mission on your own terms. Follow Amos’s journey as he moves from an overwhelmed and frustrated newly appointed district health manager to a leader empowered by the knowledge and confidence that he can reach his mission of improving the health of the people in his district, 1% a day, every day. **Start Date: Friday in March 6, June 5, September 4 or December 4.**

7-Day MPH Master Black Belt - Coach Certification

Make a difference! Become a 7-Day MPH Coach and teach the program to others. Live your own success story and have your page in MIDEGO’s website! Design and implement your own “Health for All NOW” program and lead other professionals in your country to join you. The fee includes two years of support from MIDEGO’s certified coaches, a valid certification for two years, and free material updates. Coaches also have access a “Coaches Only” page and resources online in our website. **Start Date: Friday February 13, May 8, August 14 or November 13.**

Global Health Coaching for Success

Successful athletes have coaches that help them develop and put into practice a winning strategy. Have your personal coach! This program is designed to help you stay on track and keep improving in your career or job every day. Receive weekly messages with practical tools to improve your performance and daily email messages with MIDEGO knowledge bites. Have one monthly online coaching session with your own coach to keep you on track and unlimited telephone and email access to your coach whenever you need any help! (Prior 7-Day MPH program is required.) **Schedule: Any time.**

Renewable subscription. Minimum three-month commitment.

Monitoring and Evaluation Program Manager

Measure it or forget it! Everyone needs to be an M&E Manager! If you cannot show your work is making a difference, your work is in vain. Learn to design and use the Value-Added Analysis, the Health Scorecard and other tools to measure your progress in public health, share your success with your boss and peers, and make decisions about how to improve your programs. Learn from Claudia’s story about how she uses M&E information to show her government and donors the return on their investment and why they should increase funding to scale up her project! **Start Date: Friday March 13, June 12, September 11 or November 20.**

7-Day Coaching for Success Program Series

[The 7-Day MPH Program] re-energized my enthusiasm for public health and motivated me to try not to tackle everything every-day, but do a little bit (1%) over the long haul."

United States

The most important part of this program is the guidance . . . they are very qualified, professional and they know how to guide or share the knowledge/information.

India

"I wish every health worker and policy maker in health could undergo this program . . . I intend to share this program with many country men and women. . ."

Zambia

Public Health Leader

Become a better leader and guide your team to rapid and improved results. Apply practical tools for motivating and improving the performance of your public health staff and accomplish all your goals. Be inspired by Rozina's story, a visionary Provincial Health Director, who motivates her staff to reach their mission of improving the health of the people in the province, 1% a day, every day. **Start Date: Friday April 3, July 3 and October 2.**

Health Center/Clinic Manager

Make your health center or clinic a center of excellence that impacts your community, advances your career and gets you the recognition you deserve for all your hard work. This program tells Bill's story, a successful Clinic Manager from the day he starts his job in a rural run-down clinic to the day he retires and hands over his clinic to the next Clinic Manager. **Start Date: Friday April 10, July 10 or October 9.**

Child Health Program Manager

Make a difference in the future of a nation. Help improve the wellbeing of its children with practical tools and approaches that inspire everyone to work with you to reduce infant and child mortality. Learn from Julie, an efficient nurse that knows what it takes to provide quality health care services to all the children under 5 years of age in her coverage area. **Start Date: Friday May 15, August 21 or November 6.**

Maternal Health Program Manager

Make a difference in the lives of every family. Help improve the wellbeing of mothers to have a healthy pregnancy, a safe delivery and a healthy baby. Apply practical gender-oriented tools to improve the quality of maternal and family health services and reduce maternal mortality in your country. Follow Malu's journey as she becomes a maternal health expert, graduates as nurse midwife and becomes the Clinic's star employee of the month 6 months in a row! **Start Date: Friday May 22, August 28 or October 23.**

HIV/AIDS Program Manager

Become a leader in the fight against the greatest pandemic of our time. Learn and use practical tools to improve the results of your HIV/AIDS services and programs and make a tangible difference in the indicators of your country. Find out how Beatrice becomes a successful HIV/AIDS Program Manager. Beatrice wants to succeed as an HIV/AIDS program manager, but does not know where to start! Find out how she discovers her own path to success! **Start Date: Friday February 6, April 24 or July 17.**

Pharmacy Manager

A pharmacy is the heart of a clinic or center. Ensure the success of your clinic or health center by having an efficient pharmacy that dispenses all the medicines your patients need when they need them and a price all can afford. The program is based on Ali's success story. Ali runs the most efficient pharmacy in his District and shares his "secrets" with everyone committed enough to dare deliver only the best pharmaceutical care! **Start Date: Friday April 17 or October 16.**

7-Day Coaching for Success Program Series

"My knowledge has been increased by a mile and [I am] encouraged to do things I thought impossible to me."

Malawi

"As a result of this program, I was able to call for a workshop addressing issues of HIV/AIDS in relation to gender violence. I and my volunteers are at least talking to two people now each day about HIV. My management system has changed and field work visits has also changed."

Sudan

The MPH Program is unique. It takes away all the fears and excuses. I felt quite myself after going through the first activities. It encourages one to take up even the most challenging decisions. I now have a new vision for my district even the whole country at large can benefit from this program. Very simple to follow and teach."

Zimbabwe

Community-Oriented Health Program Manager

Be an architect of a new vision for your health system. Plan the development of your country's health system to take it to the next level in the 21st Century. Apply practical tools to refine your public health programs and meet the unique and growing needs of each community and group in your country. This program includes coaching for 6 months to ensure you are on track and take the next steps to make your plan happen! Learn from Susan. She is a successful District Health Manager now. But that was not the case when she first started. Find out how she did it! **Start Date: Friday March 27, July 31 or October 30.**

Community-based Organization Manager

Especially designed for community leaders that want to respond to the health problems in their communities and create a legacy of hope and change. Apply practical tools to make the best of the resources you have and get support for your programs. Learn from Tukori, a young man living with HIV/AIDs, who decides to play his role in fighting the disease by creating an organization that gives others like him the opportunity to live positively. Tukori was surprised when he found out his experience inspired others to create similar organizations and respond to their own health needs! **Start Date: Friday July 24 or September 25.**

NGO Manager

Be part of the next generation of NGO managers that lead successful organizations with a powerful vision, manage their financial bottom line, and deliver tangible results every day. Apply practical tools to rapidly re-engineer your organization and fulfill your unique mission. The fee includes online training, one year coaching to help you stay on track and manage organizational change, and free tools and material updates for two years. Maybe you are like Antonia, who has a dream. She wants to create her own NGO and lead it to success. Find how she gets started and learns the importance of delivering tangible results every day! **Start Date: Friday June 19 or September 18.**

How to be a successful consultant

Capitalize on your unique expertise and get the satisfaction of helping others achieve their goals. Become an internal or external consultant helping staff in your own organization or in other organizations solve problems and improve their public health productivity and results. The fee includes a valid certification, one year coaching to keep you on track as you develop your consulting career and free material updates for two years. John has been working in health for more than ten years and is ready to take his career to the next level and help others do what he does so well. John meets Tomiko, a consultant, who shows him how to get started. Are you ready to become a consultant? **Start Date: Friday January 23 or June 26.**

7-Day Coaching for Success Program Se-

“These programs include all I wish I knew when I started my career.”

Dr. Beracochea

Hospital Manager

Hospitals are the core of every health system. This program is designed for current hospital managers and for public health professionals intending to start a career in hospital management. Be a hospital manager that leads the development of the local health system while ensuring quality tertiary care. Apply practical tools to improve the efficiency and productivity of hospital systems and the referral to and from primary level facilities, and impact the health status of the population in a hospital’s catchment area. This program includes online training, 1 year coaching to keep you on track while you manage organizational change, tools updates and free daily MIDEGO Knowledge Bites. Dr. Elizabeth Douglas is the new hospital director in Kisumu’s District Hospital. Find out how she turns the hospital around and makes it a successful center of reference that sets the standards of care and leads the health system in the whole district. **Start Date: Friday February 27, May 29 or November 27.**

We have had participants from: Angola, Australia, Botswana, Egypt, Ethiopia, Georgia, Guyana, India, Indonesia, Ireland, Kazakhstan, Kenya, Kyrgyzstan, Malawi, Mali, Mozambique, Myanmar, Nepal, Pakistan, Papua New Guinea, The Philippines, Russia, Senegal, Sierra Leone, South Africa, Sudan, Tanzania, Turkmenistan, Uganda, UK, Ukraine, USA, Uzbekistan, Zambia and Zimbabwe. Here is what some participants have said in their program evaluations:

“The simplicity with which the program is presented has impressed me very much. I realized we were doing very complex issues without realizing it. The design of the program accommodates all categories of participants irrespective of their academic and professional backgrounds. It made learning very easy for me. I wish all programs in schools could be designed like this. Well done. (South Africa)”

“I mostly liked the daily plan of the program. The idea of reading the ‘Knowledge Bites’ first then coming to the ‘Chapter’ of the day and finally the presentation that emphasized the key points you learn that day. When it came to filling the Work Guide, I could really feel the change in me, starting from improvement in Public Health to improving my career and quality as a Programme Manager. (Tanzania)”

“This program changed a lot of my work and in my colleagues. I work by process checklist and carry out the program with QEC [quality, efficiency and consistency] and I got a lot of knowledge and get more encouraged and more strengthened and can support others to get their goals in time by learning this program.” (Myanmar)

“I like the way the message conveyed to us, Think big and achieve 1% every day. This is not only the slogan but it gives us food for thought and motivates me to act now. I would try to follow and implement according to this theme. I am very impressed and in fact, this course charged me to act as I have learned from HFAN concept.” (Pakistan)

“The ‘Think Big and Reach 1% Every Day’ is a great inspiration and which motivated me to go on. The Amos (HFAN) story is a down to earth story; it is easy to follow and helped in formulating my Unique Public Health Mission. The aspect of coaching is very good, it helped me to be focused in whatever I was doing and got encouraged through the continued support which I received on a daily basis. The Daily Work Guides were good and was the only way to ensure that I read all the materials for that day. I also enjoyed blogging and reading other participants’ comments.” (Zambia)

“The program emphasizes taking things 1% at a time. It removes fears of inadequacy and boosts self confidence. The importance of working in teams is also emphasized. I have gained confidence in myself. I am now more positive about assisting and mentoring others to render quality work using the principles outlined in the [7-Day] MPH program.” (South Africa)

[the program] ... was self-directed and had a mix of tasks that together were effective in a virtual learning environment; specifically a written assignment every day, a checklist, a reflection piece, and interaction with the coach. I also really like the story as a way to convey information, coupled with the facts in the KB (knowledge bites)—I think that was an enlightened idea. It re-invigorated my enthusiasm for public health and motivation to try not to tackle everything every day, but do a little bit (1%) over the long haul. (USA)