

## **Indiana Health and Human Sciences Update 2022 Style**

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After three years of Health and Human Sciences Update virtually, Dr. Angie Abbott welcomed a large group of educators to a two- day hybrid update. Dr. Jerome Adams shared his perspectives on health equity through insight gained as the Indiana State Health Commission, 20th U.S. Surgeon General, and the first Executive Director of Health Equity Initiatives at Purdue University. Darrell "Flash" Gordon challenged us to disrupt who we are to become who we want to be through transformational change using FLASH points.



Face up to change.  
Learn your capacity to change.  
Adopt a plan of action.  
Secure a support system.  
Hold on to change.

These points are explained in his book, CHANGE DOES NOT OCCUR IN A FLASH. Educators engaged in networking, honoring Barb Beaulieu, HD Specialist on her retirement, enhancing video skills and discussing ways to support each other to reduce burnout and shift workplace culture.

My take away, "Are you willing to sacrifice who you are for who you can become?"