

Embodying Regeneration and Cultural Resilience

The 2023 New Mexico PHEARLESS Collective's work continues on the traditional, unceded territory of the Tiwa People, also known as the City of Albuquerque, Bernalillo County, New Mexico.



Sowing & Growing Public Health Leaders...



Big Bold Statement: *“With culture as our foundation and nature our inspiration, we weave a tapestry of health, joy, and well-being, rooted in community and authenticity, guided by the spirit of interconnectedness.”*



Conscious Leadership- Listening, Learning and Regenerating

☐ Holistic Objectives:

- ☐ Foster community-based health systems that are deeply intertwined with local cultural heritage.
- ☐ Empower communities to lead in health system development.
- ☐ Integrate environmental stewardships into community health initiatives by drawing on nature's models.

☐ Partners:

- ☐ State public health department
- ☐ Local government (municipal and county) environmental and public health departments
- ☐ County and Tribal Health Councils
- ☐ Community/grassroots organizations
- ☐ Other networks

A Summary of Our Work to Date - Ever-Changing & Responsive:

The PHEARLESS Initiative helped accelerate an already resilient organization (the Health Equity Council) and amplified its capacity to serve Albuquerque's communities with integrity and care.

- ☐ Last year, as statewide public-health dollars tightened, the PHEARLESS Cohort arrived at a pivotal moment, paring timely guidance with a flexible \$100,000 grant.
- ☐ That support allowed the New Mexico PHEARLESS Collective to center its capstone on the Health Equity Council, translating regenerative leadership tools, peer coaching, and an adaptive strategy framework into stronger internal systems and renewed collaborations with local state, municipal and county government partners.
- ☐ In practice, it sharpened the Collective's ability to pivot and deepened shared leadership.

The grant's unrestricted design served as catalytic general support: sustaining core services, piloting new regenerative practices, and preserving our agility without diverting resources from existing programs.

November 2023 Gathering at Tamaya

Nurturing Relationships



Regenerating Resilience

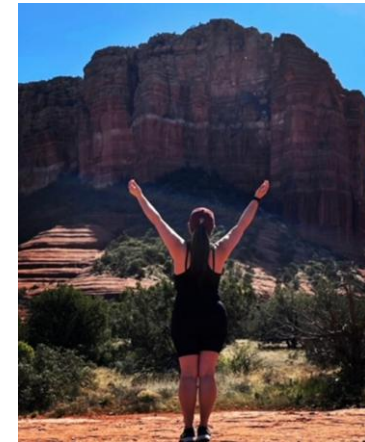


Reflections from 2023 PHEARLESS Alumni- New Mexico PHEARLESS Collective

“Participating in the PHEARLESS cohort has enriched my leadership in lasting ways. It equipped me with a regenerative-leadership toolkit, centering reflection and collective care, that now guides my day-to-day decisions.”- Rashid Ahmed



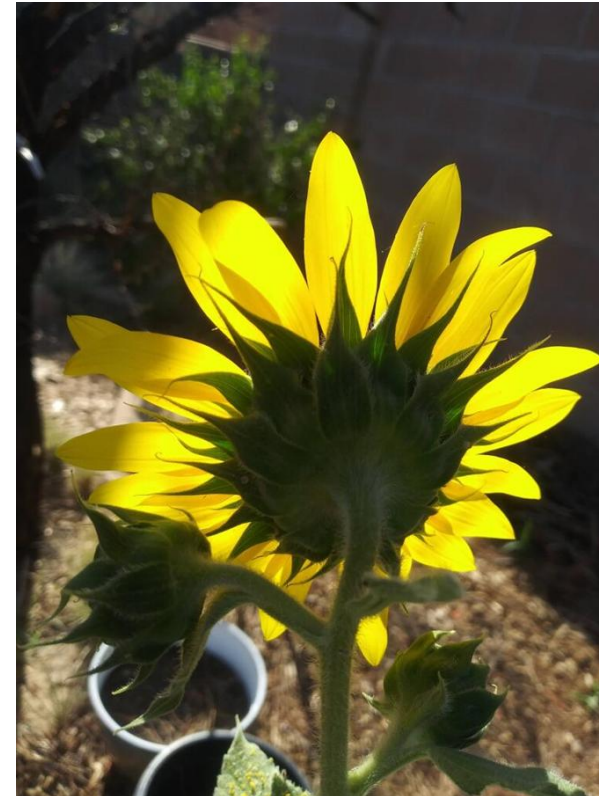
“My time participating in the PHEARLESS leadership program has had a profound impact on my work in public health by strengthening my confidence, leadership skills, and strategic thinking, while also grounding my approach in community, culture and equity, values that are essential in serving the diverse populations of New Mexico.”- Diana López



Reflections from 2023 PHEARLESS Alumni- New Mexico PHEARLESS Collective

“The Regenerative Leadership model is earthy and familiar- reminds me of places I go when the buzzing of the traffic or the inauthenticity of the environment around me becomes a distraction. It reaffirms my practices of seeking the wisdom of nature and deep self-reflection when analyzing my role in working with community.

Looking at a flower from behind -yields a light you may have otherwise missed.”- María Gallegos



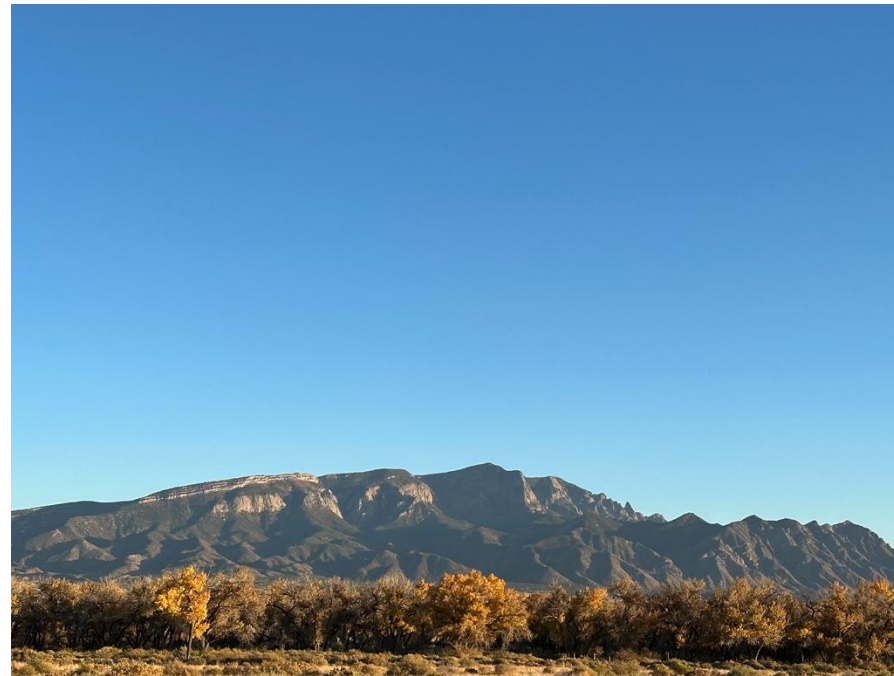
Thank you!

Visit <https://healthequitycouncil.net/> to learn more about or contact the Health Equity Council.

Keep sowing!



Contact: María Gallegos, Community Partner, abqxicana@gmail.com



Please take this survey to evaluate conference sessions.



THANK YOU