



## STAY CONNECTED

As you're mastering the MCH Leadership Competencies, stay updated with our quarterly MCH Alert that highlights new learning opportunities and training spotlights on hot topics:

[mchnavigator.org/connect/alert.php](http://mchnavigator.org/connect/alert.php)

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GEORGETOWN UNIVERSITY



Strengthen your MCH skills and knowledge with

**5-MINUTE MCH**

# 5-MINUTE MCH

## ABOUT

Welcome to the MCH Navigator's 5-Minute MCH! As busy Title V professionals, we recognize the value of time and the importance of receiving quality, tailored information and resources quickly. With that in mind, we have designed a program to improve your knowledge and skills of the 12 MCH Leadership Competencies.

## HIGHLIGHTS

- **Make Learning Fun, Quick, and Easy.** Review competencies in a fast, but structured, 5-minute model that takes little time to complete, motivates your sense of learning, and provides critical training for your role as an MCH professional.
- **Increase Knowledge and Skills.** Combining the online self-assessment tool with 5-Minute MCH allows you to focus your learning in areas that you need to strengthen. You will receive real-life strategies to implement learning in your daily work.
- **Learn as Part of a Group.** As part of the MCH Navigator's Learning Collaborative, you can interact with other professionals in the program. This gives you the opportunity to share insights and ask questions to a group of fellow learners.
- **Become an Expert.** Immediately measure your pre- and post-understanding of each competency through the program. In the long-term, use the online self-assessment to create a personalized learning plan for professional development across your career.
- **Be Recognized for Your Learning.** Use 5-Minute MCH and online self-assessment as part of your professional development activities, either individually or as a team-building activity with your co-workers or office.

## HOW IT WORKS

We address the 12 MCH Leadership Competencies with an easy-to-follow modular format designed to increase your knowledge and skills through 5-minute intensive learning sessions available through the MCH Navigator's web portal:

- **In module 1** of each competency, you will learn about a new competency through a 5-minute video podcast. You will learn what knowledge and skill sets each competency contains and how they are important for your daily work. You will also be linked to the MCH Navigator's online self-assessment to further identify your learning needs.
- **In module 2** of each competency, you will receive 5 highly focused learning opportunities for that competency. You may take one or all of the trainings to sharpen your knowledge and skills. You can share your learning experiences online with others who have taken the same trainings.
- **In module 3** of each competency, you will receive 5 implementation strategies to put knowledge to practice. You can share your experiences implementing the strategies in your workplace on the 5-Minute web portal.
- **In module 4** of each competency, you will hear a 5-minute presentation from an expert in the field. You will have the opportunity to ask questions and dialogue with other health professionals in a 10-minute follow-up to the speaker. Now you are on your way to becoming an expert!

<http://www.mchnavigator.org/5min>

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