

District 11

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How do you work with or lead a team?

As I strive to be a leader and team member for my peers, I find it best to empower others through the use of collaboration and enthusiasm to build success. By fostering an inclusive environment, I like to create space for innovation, open communication, and allowing those to take a leap of faith. While guiding my team, I encourage my colleagues to take ownership in their projects demonstrating their sentiments.

As Legislative Liaison for the Roseman ASDA, I serve as an Executive Branch member and lead the Awareness Branch, which includes Health and Wellness, DEI, Advocacy, and Community Outreach. I work alongside Board and Committee members to develop impactful campaigns, organize webinars, and contribute ideas for events such as Advocacy Month, Health and Wellness Month, and Service Month. By fostering collaboration and innovation, I ensure that our initiatives engage members and create a lasting impact on both local and district levels.

Similarly, as the Social Media Coordinator for District 10, I oversee content creation for the Advocacy and DEI teams. I contribute to major events by designing conference logos, developing slogans, and capturing key moments through photography. Beyond social media, I actively assist in planning and organizing DEI and Advocacy events, utilizing my background as a Legislative Liaison.

Beyond ASDA, I am involved in Roadrunner Community Service, SCDA, SIGs, ADEA, Utah AHEC Scholars, and research. Leadership is about trust, growth, and purpose. Together, my team and I will be able to give opportunities that will leave ever-lasting impressions.

What leadership experiences have equipped you for the District Trustee role?

With over 16 years of experience in healthcare settings, I have built a strong foundation in leadership, problem-solving, and adapting skills that I believe are essential for the role of Trustee. Leadership goes beyond managing responsibilities; it requires being a strategic thinker, advocate, and representative for those who rely on you to amplify their voices. I have consistently taken on complex roles that demand balancing multiple priorities while ensuring the success of both my team and the initiatives I lead.

As a career-changer and first-generation student, I have navigated challenges with resilience and determination. My ability to adapt and thrive in new environments has made me an effective leader, particularly in high-pressure situations where critical thinking and decision-making are key. My two master's degrees focused on healthcare management, public health, and

psychology have enhanced my analytical skills, enabling me to approach leadership with a comprehensive understanding of organizational structure, policy, and effective team dynamics.

At both the Chapter and District levels, I have spearheaded initiatives that created lasting impact. I organized the first month-long Health & Wellness schoolwide Steps Challenge where 33 students collectively walked approximately 2,000 miles. This contributed to our chapter winning the Best Chapter in Health & Wellness Award at the D10 Conference. Additionally, my team and I secured the LGN Event Grant and the Dentistry in the Community Chapter Grant through National ASDA for two consecutive years, validating our ability to drive meaningful change. As Trustee, I'm ready to advocate and represent our members locally and nationally.

Why are you interested in the District Trustee role and what do you hope to accomplish in this position?

ASDA has significantly shaped my journey from my pre-dental days to where I am today, and I am deeply committed to giving back to the community that has nurtured my growth. The opportunities, support, and mentorship I received through ASDA ignited my passion for dentistry and holistic wellness, and now I want to empower others by serving as District Trustee. This role represents a unique opportunity to influence positive change, inspire engagement, and ensure that every member experiences the full benefits of ASDA.

I have always been dedicated to motivating pre-dental students and dental professionals to become active members who embrace the ASDA Five Dimensions of Wellness: Emotional, Physical, Intellectual, Occupational, and Environmental. I believe that fostering a balanced approach to wellness not only enhances the dental school experience but also builds a strong foundation for long-term success in our careers and personal lives. In this role, I plan to design and implement a series of events and initiatives throughout the year that target each of these dimensions. My goal is to create a heartwarming environment where every member feels empowered to grow and succeed.

Additionally, I am excited to take on the responsibility to plan a remarkable and innovative District Conference that will serve as a platform for learning, networking, and celebrating our collective achievements. By uniting our community and promoting comprehensive wellness, I hope to elevate the ASDA experience on both District and National levels and leave a lasting impact on our future dentists.

What are 2-3 issues important to dental students?

Dental students face unique sets of challenges that make several issues particularly important to our community. One of the foremost concerns is overall health and wellness. ASDA's framework based on the Five Dimensions of Wellness highlights the need for balanced well-being amidst the intense demands of dental education. Maintaining these dimensions not only

helps in reducing stress and preventing burnout but also fosters a positive academic and clinical environment.

Another key issue is the importance of advocacy and legislative involvement. Dental students are increasingly aware of the need to influence policies that impact dental education, access to care, and professional standards. The legislative priorities outlined by ASDA, including initiatives like the REDI Act, emphasize creating equitable opportunities and advancing reforms that benefit both students and the broader dental community. Engaging in advocacy empowers students to drive systemic changes that can improve educational experiences and future practice environments.

Additionally, promoting diversity, equity, and inclusion is essential for shaping a future dental workforce that is reflective of the communities it serves. By actively supporting initiatives that enhance DEI within dental education, students ensure a more inclusive and culturally competent profession. Together, these issues of comprehensive wellness, advocacy involvement, and DEI are vital for dental students. Addressing them not only enriches our educational journey but also lays the foundation for a resilient, forward-thinking, and compassionate community. By prioritizing these issues, we not only improve our personal and professional growth but also contribute to shaping a healthcare landscape that values compassion, equity, and excellence.