

## ***District 11***

***Kaylee Appley, Colorado 2027***

### **How do you work with or lead a team?**

Teamwork is an integral part of the dental profession and is intertwined into our roles as students, professionals, and leaders. Every day, each team member is called to lead and rely on one another to propel the team towards their collective goals. When working on a team, I strive to encourage my teammates to use their strengths and build their self-confidence, which ultimately elevates the entire team. I have found that when each member of the team feels empowered to participate, the whole team is successful.

When leading a team, I focus on listening to each member and learning from those around me. As a leader, I have found success with first gaining an understanding of the team goals and tailoring my approach to align with those goals. By surrounding myself with individuals whose passions parallel my own, I believe achieving any team goal is possible. Some of the most important qualities I seek in a leader are humility, adaptability, and positivity. I strive to be someone who maintains a positive attitude, knows when to ask for help, and uses the constructive criticism of others to constantly improve. Learning does not stop when you enter a leadership role, and I have found that the most impactful leaders use their role as an opportunity to push their boundaries and find growth. Being forthcoming about what I know, and what I still have to learn, allows me to push my boundaries to achieve the goals of any team.

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

My position as D9 Pre-Dental chair has equipped me to manage a team of unique individuals and provide them the support they need to succeed. I have facilitated the ideas and goals of pre-dental students while being present to solve any problems encountered and manage conflicts that occur. As someone who experienced limited pre-dental support, I have found a passion for helping others navigate their journey to dental school. This role has provided an avenue for me to deepen my support for the aspiring dentists of District 9, while learning the importance of maintaining communication, confidence, and kindness in leadership.

During my position as President-elect of Colorado ASDA, I have learned from mistakes and found success with the support of the CO ASDA team. While preparing to transition to the presidential role, I have learned the importance of delegating tasks, the value of a problem-solver attitude, and that compassion for your team goes a long way. I believe teams are most successful when they have a leader who they see in every facet of their organization. Being present has allowed me to establish myself as someone the team can approach with any of the problems and successes they encounter along the way. I will approach the District Trustee role

with the same attitude that has led me to success in Colorado ASDA. I will support the aspirations of the District 11 team with the confidence to tackle any challenge by listening, maintaining positivity, and asking for help where it is needed.

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

My ASDA experience has shaped me into a stronger leader, practitioner, and individual, giving me the chance to grow personally and professionally. I have made lifelong friends, developed a passion for organized dentistry, and found a greater drive to impact the communities around me. I aspire to be District 11 Trustee because this role will allow me to make a meaningful impact on a broader community, further develop my leadership skills, and set a strong precedent for the new District 11.

ASDA has given me a sense of community, support, and personal growth. Above all I'd like to accomplish, I hope to help others experience the same sense of home that ASDA has provided me. To develop this sense of home, we must first create a solid foundation. That is why the theme of my trustee year will be, "Establishing Our Foundation to Shape Our Future"—a framework from which we can build a lasting, supportive community.

In order to execute my platform, I plan to introduce aspects I value about District 9, integrate the experiences of those in District 10, and combine the strengths of both to create something unique for District 11. Some of my goals include visiting each school in the district, creating networking opportunities for ASDA members across all D11 schools, and leveraging the executive board retreat and District 11 conference to connect our district's leaders. This will build a strong framework to act as a foundation that supports the District 11 home we envision.

**What are 2-3 issues important to dental students?**

My time in ASDA introduced me to organized dentistry and the importance of advocating for our profession. I have seen how dental students at the University of Colorado and beyond are affected by student loan debt. As a first-generation college student from Montana, a state without a dental institution, I have felt the weight of debt and interest that accrues without deferment. By supporting proposed legislation such as the REDI Act and helping students practice informed lobbying, we can make a difference in the lives of those impacted by the burden of student debt.

Another issue of increasing importance to the dental profession is the spread of misinformation and growing distrust of fluoride, despite water fluoridation being one of the greatest public health achievements in the United States. In dental school, we are taught the benefits and contraindications of fluoride, but without this education, people are easily influenced by misinformed sources. As dental professionals, we are tasked to educate patients about safe

methods to prevent and manage tooth decay. This is becoming increasingly difficult with the growing distrust in our profession, and it may affect how we provide care.

As District 11 Trustee, I will learn the challenges those in District 11 face and work to create change by lobbying for legislation that improves our experience as students and dental professionals. As a leader in ASDA, it is my responsibility to advocate for the advancement of our profession and use my voice alongside the voices of colleagues to initiate change.