



## **CANDIDATE BIOGRAPHY AND CONSENT FORM**

**NAME:** LD Woods, PT, DPT, PhD, Certified Strength and Conditioning Specialist

**CITY/TOWN OF RESIDENCE:** Pike Road

**APTA MEMBERSHIP (years):** 9

**ALABAMA CHAPTER MEMBERSHIP (years):** 9

**SECTION MEMBERSHIP:** Education, Research, Neurology

**EDUCATION:** BS – Birmingham-Southern College '11  
DPT – Alabama State University '14  
PhD – Auburn University '20

**PREVIOUS BOARD EXPERIENCE:** ALAPTA PT-at-Large (2017-2020)  
APTA Student Assembly Secretary (2013-2014)

**PERTINENT EXPERIENCE:** ALAPTA PT-at-Large (2017-Present)  
Academy of Physical Therapy Research CSM Programming Committee (2018-Present)  
Magic Moments Junior Board (2020-Present)  
Alabama Chapter Early Professional Special Interest Group Vice President (2018-2019).  
Academy of Physical Therapy Education Social Media Task Force (2016)  
APTA Student Assembly Secretary (2013-2014)

**PLEASE PROVIDE AN ANSWER TO THE FOLLOWING QUESTIONS FOR YOUR POSITION (500 WORDS OR LESS):**

**What do you perceive as the most important interpersonal skills that are needed by the Chapter Chief Delegate or Delegate to the APTA House of Delegates?**

Teamwork is the most important interpersonal skill needed by a delegate to the APTA House of Delegates. Teamwork is an umbrella skill or term that can encompass skills such as listening, empathy, and creativity. Each of those skills are significant to an effective, thriving House of Delegate team. For example, listening is essential to ensure House of Delegate team members are understood and shown respect. I recently listened to Pastor Andy Stanley and he provided a quote which epitomizes listening, "be quick to listen and slow to respond." Empathy is pertinent to ensure that all voices are not only heard, but felt, appreciated, and used to come to a team decision. Lastly, creativity is pertinent to assist in meeting the needs of our ever-changing health care landscape. In summary, being an effective team player is a key interpersonal skill to become an effective delegate.

**What methods of communication would you utilize to "feel the pulse" of Chapter Members on relevant motions that are put before the House of Delegates, so that you can decide whether to support them?**

Communication is a two-way street. Due to this, methods of communication must be all encompassing. This will include electronic means such as social media and email and in-person communication such as town halls and conference meetings. I believe an area of growth within our chapter is consistent communication with members on House of Delegate history, ideas, and motions. To that end, I would propose that we have monthly to quarterly House of Delegate updates in which the delegates create a two-way dialogue via APTA Alabama's newsletters, website, and social media platforms. The more we can facilitate member engagement, the greater our chapter can become.

### **CONSENT TO SERVE STATEMENT**

I acknowledge the duties of the above position have been provided to me and I agree to serve in the position should I be slated and then elected. I am willing and able to attend all APTA Alabama Meetings as requested. I agree to be responsive to electronic communications as part of conducting the business of APTA Alabama.

Signed: (electronic signatures accepted): LaDarius Woods, PT, DPT, PhD