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2012 Region 9 MetLife Scholarship Recipient

- **What tips can you share on completing the scholarship/grant application? What's your best advice on the writing process?**

The most important tip I can give is schedule enough time to write a few drafts to respond to the questions with your best answers. It took me a bit of time to put together my essay responses and I needed time between writing up my initial thoughts and editing the response later. The questions are thought provoking and require some introspection which is best done in a relaxed setting, not in a frantic one just before the deadline.

- **What was the best take-away from attending the annual conference?**

The quality of the sessions I attended was excellent. I appreciated the size of the conference, approximately 1000 people. I have attended other conferences that were much larger and was disappointed with the speaker quality and ability to ask questions. This was not the case at the ASHHRA conference. The speakers were excellent, the participants were welcoming and friendly, and I was able to meet some excellent HR folks. I really enjoyed the CEO panel discussion, it left me inspired and energized about the work I do in HR.

- **How did the scholarship/grant influence your health care HR career? How has your career changed since being receiving the award?**

Through the process of writing the application, I was able to connect with Steven Stahl, ASHHRA Region 9 Consultant. I am new to Healthcare HR, so this process gave me the opportunity to demonstrate my expertise in HR in other industries, as well as Healthcare. I was nominated in November to participate on the board of our state chapter. I was elected President-elect of the chapter which has provided me with the opportunity to participate in the leadership of our state organization. The connections I gain within the state and ASHHRA will provide me with the opportunity to build relationships with other HR professionals. I am currently working on my Doctorate in Business Administration with a Leadership emphasis and will likely conduct my doctoral study on HR Leadership competencies. Through my participation in ASHHRA I will have access to the right people to conduct my study with.