

Recipient Essay for AAOHN Foundation Scholarship Award

Please accept my heartfelt thank you for the scholarship the AAOHN Foundation gave me to attend the 2017 National AAOHN conference. It was a wonderful experience and significantly contributed to my professional growth in areas of management, leadership and my clinical practice. The knowledge I gained will assist me in my new position at a national headquarters as well as when I assume President of our state chapter next year.

The leadership classes were both enlightening and stimulating. I have already started using strategies learned in the Mindfulness and Leadership Excellence class in my daily practice to help me focus, gain clarity and stimulate my creativity even further. I feel that I am better able to focus on my daily tasks and have lessened my stress by using some of the techniques learned in class.

I also had sessions in Infectious Disease and Travel Health. The information I received in these two sessions were invaluable. As soon as I came back to work I immediately started using the knowledge gained in class. I learned about emerging health threats around the world. I have incorporated that knowledge in the education I provide to our travelers. I also discovered which vaccines are not necessarily indicated for routine business tr