

Health Careers Leadership Experience

By: Grace Wang

Hello Nevada HOSA! As the holiday season comes to a close, let's give thanks for the gifts that we've received: time with family, maybe a pair of new AirPods, and, of course, amazing HOSA conferences! The Health Careers Leadership Experience (HCLE) arrived with the holiday season and was held on December 8th to December 9th in Las Vegas. In total, around 220 Nevada HOSA members attended the conference and made it one to remember!

At the beginning of the HCLE, Nevada HOSA members from all across the state gathered in Las Vegas to kick off the conference! This has been the first year where the entirety of Nevada HOSA has come together for the leadership development rally, instead of meeting by region.

The conference began with Opening Session, in which the State Officer team updated members on important HOSA news, like the dates and theme for the State Leadership Conference and information on this year's HOSA Service Project. Following important updates, each state officer hosted a breakout group of icebreakers! Members enjoyed getting to know each other through games like charades, ninja, and HOSA-themed Never Have I Ever. To wrap up Opening Session, Nevada HOSA welcomed keynote speaker Dr. Melva Thompson-Robinson, the Executive Director of the Center of Health Disparities Research and a Full Professor with tenure in the School of Public Health at the University of Nevada, Las Vegas. Dr. Thompson-Robinson inspired members with her personal story and her determination to

conduct research with personal significance to herself. Overall, Opening Session was a blast!



After Opening Session, chapters were invited to attend Game Night. Several chapters joined to talk and play games with each other and State Officers. The team enjoyed getting to know Nevada HOSA members and playing games like Chutes and Ladders, Spot It, and Mafia! Game Night ended the first day of the HCLE with a bang, but there were still plenty of things to look forward to for day two!

On the second day of the HCLE, chapters began the morning with breakfast and pin voting. This year, Nevada HOSA members submitted ten beautiful designs for our state pin that will be traded at the International Leadership Conference! Members voted on the winning design, which will be revealed in January. Afterward came the most important part of the day: workshops!

This year, there were two State Officer led workshops as well as four workshops led by health professionals. The State Officers conducted the workshops *The Breakfast Bunch* and *The Floor Is Lava*, which were centered around leadership development. *The Breakfast Bunch* taught Nevada HOSA members the importance of balancing tasks and coping with a



lot of things on a leader's plate. *The Floor Is Lava* emphasized the importance of teamwork and cooperation in achieving a common goal. Members were able to attend four workshops, and many members stated that workshops were their favorite part of HCLE!

To wrap it all up, the State Officers hosted Closing Session. They thanked all the members for attending HCLE and summarized the events of the two days. The State Officer team also launched the Sister Chapters Program for this year! The State Officer team can't wait to see Nevada HOSA members again at the State Leadership Conference on March 15-18. Until then, remember to study up for your events, raise money for the National Pediatric Cancer Foundation, and contact your sister chapters! We can't wait to see what our #NVChamps will achieve!

