I really enjoyed the conference and truly appreciative of being able to attend. The preconference sessions that I attended allowed me to improve my understanding of metacognition and emotional intelligence. This will help me become a better leader in multiple aspects of life. The session on vision screening was helpful in making sure that we are using the best method to evaluate vision. I plan to purchase a different vision screener. Also, it made me start thinking of the impact of technology advances on vision. There were so many sessions that I gained from. The risk control session was an eye opener and I will update documentation policies to minimize risk. The nutrition session gave more information on how I can be a better nutrition resource to my population. Lastly, the session on demonstrating value equipped me with the knowledge of how to evaluate our programs. I came back to a number of projects so I have not had a chance to work on the evaluation of our programs. I plan to take each program/service that we provide and evaluate using the formulas from the session to demonstrate value. This will require me to gather more information to complete. I will then set up a periodic report that will be presented to the executive staff. I learned of the staffing tool at the conference. I came back and purchased it so that we can work on demonstrating our need for additional staff required to deliver our programs that are of value and yield the necessary return on investment. This will result in better worker health/safety and meet budget goals.