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## Getting ELEVATED!

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In April this year I had the incredible opportunity to travel to Denver, Colorado and experience RIMS '14 Annual Conference and Exhibition for the first time. This was made possible through a scholarship from the Oregon RIMS Chapter.

Wow! What an experience! It was fun, well organized, and there was a wide variety of sessions to attend. The keynote speakers were great and diverse enough to appeal to a variety of individuals. Every day was packed with inspiration, education and community with one word standing out among all sessions: Integrity.

When I came back to Oregon, everyone wanted to know if I learned anything, or if I brought back anything useful. Well sure! I left Oregon with two suitcases and came back with four. They were filled with goodies, prizes, T-shirts, and bags for my bags, which were filled with business cards, handouts, educational flyers and brochures. But that wasn't all.

With a large focus on networking, the RIMS conference gave me the opportunity to meet people in all levels and types of Risk Management, from different industries and countries. I was impressed that regardless of stature or rank, we were all equals at RIMS. We were there to learn from each other as much as to learn from the sessions offered.

For a first timer – the RIMS app was a welcome tool and the choices for keeping informed were everywhere from RIMS TV, to Twitter, to Alerts and more. There was always someone available to assist.

I was inspired by the ability to participate in a Community Service event as a tangible reminder of the importance of providing for others. "Doing good work" does not always mean getting the best grade on a paper or getting an award, it is also making a difference in the lives of others.

So what did I learn or bring back besides two extra suitcases? I learned more about myself and the meaningful profession of Risk Management. I brought back lots of business resources and valuable connections. Additionally, I have new friends, business associates, and more knowledge and skills. But most of all, I came back motivated with a renewed feeling of value and revitalized goals; both personal and professional.

Going forward I will use what I have learned to develop my brand, maintain my integrity, not let my ethical line slip, continue to provide service and in the words of Bonnie St. John; Aim higher, because normal is overrated.

Thank you to my Oregon RIMS Chapter for accepting my scholarship application and believing in me. I am very proud to be involved with this great group of people.

Watch out New Orleans! I'll be coming for RIMS '15!