

# Leading the Way

By Brian Gomez, HOSA President  
East Haven High School

With one year of experience and a leadership conference as a HOSA member under my belt, I went into this school year with a new and improved attitude. My number one goal: become a bigger part of the group I knew would take me somewhere - HOSA.

When it came time to run for the executive board, I made the decision to give it a try because I wanted to grow into being a leader. Sure enough, my dedication paid off and I was elected the President of my chapter.

Being an officer of HOSA is simply a great experience. It puts you in the position of thinking about others constantly while keeping yourself on task as well. As soon as you start your first project, everything changes. It's never about you, it's about what can be done to better improve the members of your chapter. That's the beauty of it.

When you are an officer, you work with what you have in front of you, taking advantage of your opportunities. As the process progresses, everything else follows. As human beings, we tend to not realize how much we can do until we really try. Once we look back, then we see how much we've grown, how different we are, and how we are able to help others.

Two years ago I was never able to stand in front of a class and give a presentation, but with HOSA, I'm slowly improving by changing my approach each time I take a chance at an opportunity. As I grow and continue to mature, I'm becoming a leader with more self confidence who hopes to one day have an impact on others. I truly believe there is no better group because life is about believing and believing is HOSA.

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East Haven HOSA members - Brian Gomez, Caitlin Esposito, Sayra Ingles, Marissa Pajeski, and Kailey Mitchell.