| **TITLE & PRESENTER(S)** | **Location & WORKSHOP Description** | **Thursday 3/24** | **Friday 3/25** |
| --- | --- | --- | --- |
| **2:00-2:45** | **3:00-3:45** | **4:00-4:45** | **9:00-9:45** | **10:00-10:45** | **11:00-11:45** |
| **Mobile Virtual Reality – Learning Lab**Mobile unit is located in the parking lot outside the convention center | **Outside Mobile Unit -** The Learning Lab's virtual reality has programs like the White House Tour, a History of Aviation, tours of ancient Rome and Greece as well as around the world. This session specifically addresses world leaders, world government and the impact of major world events. | X |  |  |  |
| **The Reality of Money – Middle Level*(50 students maximum)2:00 – 3:20*** State Employees’ Credit Union | **Auditorium 4 –** This session will be an interactive, financial education simulation. Students will learn as they participate about the impact their choices make on their budget and lifestyle when they are “transformed” into wage earning, bill paying and financially independent young adults.  | 2:00 – 3:20 |  |  |  |  |
| **The Reality of Money – High School*(50 students maximum)3:30 – 5:00***State Employees’ Credit Union | **Auditorium 4 –** This session will be an interactive, financial education simulation. Students will learn as they participate about the impact their choices make on their budget and lifestyle when they are “transformed” into wage earning, bill paying and financially independent young adults. |  | 3:30 – 5:00 |  |  |  |
| **What’s in A Credit Score?**Charity BuntingState Employees’ Credit Union | **Blue Ashe –** Learning how to use credit wisely is a major step towards becoming a responsible consumer. But what makes up a credit score and what makes it go “up” or “down”? This interactive session will help you understand the factors that contribute to a person’s score and how to keep it in good standing. | X |  |  |  |  |  |
| **Silent DJ*****(100 students maximum per session)*** | **Guildford E -** High Energy DJ Mixes on Silence MP3 Players. Mixes include 70s, 80s, 90s Hip Hop, Top 40 & EDM. Participants will wear headphones and dance to the music. | X | X | X |  |  |  |
| **Nkosi Campbell** | **Grandover East** | X | X | X |  |  |  |
| **Zumba**Pam WheelerInstructor Greensboro/Triad Area | **Guilford F –** We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. Zumba® is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. | X | X |  |  |  |  |
| **FBLA Planning, Organizing & Updates*\*\*Teachers Only*** NC FBLA Board Members | **Blue Ashe –** Advisors will receive updates from the state and national office as well as helpful hints on organizing their chapter and planning for competitive events.  |  | X |  |  |  |  |
| **How Do I Get There – A GPS for Goal Attainment**Marian J. Hackettt | **Auditorium IV** **-** This session emphasizes the steps a student must take if the goal is to become a future business leader/owner/entrepreneur. The necessity of education, active membership in an organization such as FBLA and the importance of networking and achievement of future goals.  |  |  |  | X | X | X |
| **Bridging the Gap Between Middle Level and High School FBLA****Middle Level Only**Julie West, Board MemberJP Knapp Early College High School | **Colony AB –** This session is for middle level students to give insight on what they can do to prepare for high school FBLA. We will discuss the different events, the requirements for membership, and network with high school students. |  | X |  |  |  |  |
| **Flying into Success: A Workshop for FBLA Chapter Officers**Brena Gauland, Khushi Bhatt, David Mallinson, Riley Colville, Esha Singaruju, Alyssa Smith, Phoebe XuNC FBLA State Officers | **Blue Ashe –** Attention all FBLA chapter officers (+ aspiring officers)! We are now boarding flight 2022! Fasten your seatbelts as you fly into the world of learning skills and techniques to manage and lead your chapters to success. Join the NC FBLA state officer team as they lead an interactive session for chapter officers promoting leadership skills as we navigate through the skies. By the time you land, you will have earned your wings to promote your own chapter and help chart a course through your potential. |  |  |  | X |  |  |
| **Gentle Flow Yoga and Zen Meditation**Cindy Bell | **Guilford F** *-* A gentle yoga experience moving from one pose to another following the breath, encouraging practitioners to let go of thought and focus on the experience of the present moment.   Appropriate for any level - no yoga experience required.  During our time together we will move through a choreographed sequence of poses, focusing on awareness of the mind, body, and spirit and end with a time of relaxation and meditation.  No yoga mat - no problem, it's not required.  However, you are welcome to bring a yoga mat or a towel.  Yoga is predominantly practiced without shoes, but you may want to bring socks for your own comfort. |  |  |  | X | X |  |
| **Let’s Talk Networking: Exploring the 3 C’s of Networking**Brena Gauland, Khushi Bhatt, Riley Colville, Esha SingarujuNC FBLA State Officers | **Blue Ashe –** Instagram, Snapchat, Twitter, TikTok. You’re on them all the time, but what do they all have in common? Connectivity. Explore the 3 C’s of networking with first hand conversations from state officers and FBLA alumni. From discussing confidence to building career relationships, we’ve got it all. Make sure to drop us a visit if you want to up your networking game and strive for success. |  |  |  |  | X |  |
| **Your Guide to Succeeding in the Business World**Brena Gauland, David Mallinson, Alyssa Smith, Phoebe XuNC FBLA State Officers | **Blue Ashe –** Struggling to succeed in the business world? Join the NC FBLA State officer s in this session as we take you through everything there is to know a out success in the world of business. In this session, you will learn the basics o writing resumes, preparing for interviews, and knowing proper etiquette and attire. When leaving this session, we hope that you will be able to take and implement these new skills into your chapter and future jobs. |  |  |  |  |  | X |
| **Whodunit? Murder Mystery BreakoutHigh School*****(20 students maximum)***Jennifer Byrd, Chief Technology OfficerHarnett County Schools | **Oak AB –** In this session you will use critical-thinking and social and emotional skills, while team-building and problem-solving. You will work together to solve a murder mystery. This activity is similar to an escape room. |  |  |  |  |  | X |
| **Whodunit? Murder Mystery BreakoutMiddle Level*****(20 students maximum)***Jennifer Byrd, Chief Technology OfficerHarnett County Schools | **Birch** - In this session you will use critical-thinking and social and emotional skills, while team-building and problem-solving. You will work together to solve a murder mystery. This activity is similar to an escape room. |  |  |  |  |  | X |
| **Impassioned In Your Profession**Brooks HarperKeynote | **Guildford G -** Brooks uses the acronym C-H-I-L-L to get you excited about your career path reaching your head, heart, and funny-bone. This session teaches the power of gratitude, value development and techniques to zap stress before it strikes! |  |  |  |  | X | X |