

Young Professionals Regional Summit
LIVE.GROW.LEAD.

TUESDAY, JULY 28

Registration & Breakfast | 7:30 – 8:30 a.m.

Welcome & Keynote #1 | 8:30 – 9:00 a.m.

Building Meaningful Careers and Lives in Rural Communities

Breakout Sessions #1 | 9:00 – 10:15 a.m.

Track 1 – LIVE

- **Connecting Locally: Building Professional Networks in Smaller Cities**
 - **Speakers:** *Erica Dunsen, Administrative Director at Jersey Mikes Subs*

Track 2 – GROW

- **Intentional Growth: Mindset, Self-Leadership, and the Power of Daily Choices**
 - **Speakers:** *Troy Bichler, Assistant Professor at the University of Mary & Sam Ingman, Leadership Speaker & Growth Strategist at Ignite Growth & Development*

Track 3 – LEAD

- **Say It Better: Growing Confidence in Providing Feedback and Resolving Conflict**
 - **Speakers:** *Nicholas Flom, UAS Account and Portfolio Director, Thales USA, Brooke Tofte, Account Executive at Anchor Marketing, Jeff Beck, Senior Director of Online at The University of Mary*

Networking Break

Breakout Sessions #2 | 10:45 a.m. – 12:00 p.m.

Track 1 – LIVE

- **Serving Beyond Your Title: Leadership in Advocacy and Community Organizations**
 - **Speakers:** *Amber Flynn, Owner/Realtor at Grand Real Estate, Barry Wilfahrt, President & CEO at The Chamber Grand Forks East Grand Forks*

Track 2 – GROW

- **Panel: Time Management Matters: Strategies for Focusing, Setting Priorities and Creating Smarter Systems**
 - **Speakers:** *Melissa Thury, Business Coach at Balance & Business with Melissa, John Friend, Human Resources Manager, PS Industries, Inc., Autumn Ricke, Marketing Manager, Pinnacle Marketing Group*

Track 3 – LEAD

- **Entrepreneurship in Action: Lessons From the Real World**
 - **Speakers:** *Rachel Rakoczy, Founder and Owner at Rachel's Property Solutions, Sandi Luck, Founder and Owner, Bully Brew Coffee, Board Room Coffee & Taphouse, ND Coffee Roastery*

Lunch & Networking

Breakout Sessions #3 | 1:00 – 2:15 p.m.

Track 1 – LIVE

- **Building Work That Works: Creating Environments People Want to Stay In**

- **Speakers:** *shilo virginia previti, Director of Advocacy at Live Well Grand Cities, Kristina Stepps, Director of Human Resources at Community Violence Intervention Center (CVIC)*

Track 2 – GROW

- **Speak Up! Using Your Voice to Vouch for Your Team, Your Project, and Yourself**

- **Speakers:** *Mandy Iverson, RN, BSN, Community Mental Health Coordinator; State Opioid Response Grant Manager at Grand Forks Public Health, Lea Greene, Owner at Top Ten Communication, Karel Sovak, Dean, Gary Tharaldson School of Business at University of Mary*

Track 3 – LEAD

- **From Peer to Leader: Practical Skills for First-Time Managers**

- **Speakers:** *Marla DeFoe, Senior Marketing & Advertising Manager at BBI International, Dee Baker, District Manager at Caseys, Kevin Miiller, President at ITCB Consulting*

Networking Break

Breakout Sessions #4 | 2:30 – 3:45 p.m.

Track 1 – LIVE

- **Keep Great People: Retention, Growth Paths, and Strong Starts**

- **Speakers:** *Brittany Love, Director of Prevention and Education at Community Violence Intervention Center, Evan Moser, Grant Administrator, State of North Dakota Department of Commerce, Doug Peters, Leadership Speaker, Trainer, Coach at LeadershipFM*

Track 2 – GROW

- **Building Financial Confidence: Tools for Smarter Money Decisions**

- **Speakers:** *Rachel Grossman, Education Outreach Coordinator at Bank of North Dakota*

Track 3 – LEAD

- **Building Equitable and High-Performing Teams**

- **Speakers:** *Everett C Jones, Sr., Executive Director at Love in Action*

Keynote #2 | 3:45 – 4:15 p.m.

Tech, Innovation, and AI in the Workplace

Evening - Food Truck & Pub Crawl Social

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WEDNESDAY, JULY 29

Breakfast & Networking | 7:30 – 8:30 a.m.

Keynote #3.1 | 8:30 – 9:30 a.m.

Setting Unbreakable Boundaries: Protecting Your Energy Without Losing Momentum

- **Keynote Speaker:** *Kelsey Buell, Founder at You Flourish Company*
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Networking Break | 9:30 - 9:45 a.m

Keynote #3.2 | 9:45 – 10:45 a.m.

From Goals to Growth: Why You Can't Do It Alone

- **Keynote Speaker:** *Kelsey Buell, Founder at You Flourish Company*
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Networking Break

Workshops | 11:00 – 12:15 a.m.

Track 1 – LIVE

- **Mentors, Mentees, and Momentum: How to Guide Others Through Growth**
 - **Speakers:** *Steve Gander, Minnesota State Representative at MN House of Representatives, BG Tucker, Executive Director at College Possible Minnesota*

Track 2 – GROW

- **Building Your Personal Brand: Communicating Your Value With Confidence**
 - **Speakers:** *Chelsea Mellenthin, Director for Career Engagement at the University of North Dakota*

Track 3 – LEAD

- **From Ideas to Execution: Leading Creativity From Concept to Completion**
 - **Speakers:** *Tamara Bertram, Founder at Bertram Studio LLC, Amanda Voigt, Assistant Director at the University of North Dakota, Center for Innovation*
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Thank You and Farewell | 12:15 – 12:30 p.m.

Excursions | 12:30 p.m. – Afternoon

- **Ralph Engelstad Arena Leadership Tour**
- **ND Mills (Limit 15 People)**
- **Grand Sky**
- **Red River Vineyard or Taproom Networking Experience**