



# Summer All State Convention Training Sessions

Saturday, June 6, 2009

North Iowa Area Community College, Charles City, IA

## First Session - Held at NIACC

- **Competitions Training – John Parsons**  
*Learn what it takes to be a competitor in the Iowa Jaycees Competitions.*
- **Trees Forever – Mark Signs**  
*This Iowa born organization will share how you can get involved to plant and care for trees and the environment by empowering people, building communities and promoting stewardship.”*
- **Impress The Boss – Jennifer Gracey**  
*Etiquette is more than knowing what fork to use or what to wear to an interview. This training will assist you in identifying and avoiding common mistakes and give you the confidence needed to gain a competitive advantage.*
- **All State First Timers – Beth McGorry**  
*Your introduction to All State Convention and the Iowa Junior Chamber.*
- **5 Minute Workouts in the Workplace**  
*How to stay fit while doing your 9-5 job*

## Second Session - Held at NIACC

- **Competitions – John Parsons**  
*Take part in Speak Up, Write Up, JC Jargon, Debate, or Interviews and see if you can out-do your fellow Iowa Jaycees.*
- **Nothing But Nets – Brian Witte**  
*Nothing But Nets is a grassroots campaign to save lives by preventing malaria, a leading killer of children in Africa. Find out how you and your chapter can get involved in this worthy cause.*
- **It's Not Easy Being Green, Red, Blue, Yellow... – Angie Wedekind**  
*The Colors Personality Assessment provides you with a greater insight to yourself and gives you a greater awareness of others. It will also teach you better ways of communicating with others in your personal and professional life.*
- **Kicking It Up a Notch – Andrew Niemann**  
*Chapter Marketing: improving on what you're already doing and taking the next step in selling your chapter.*
- **Did You Ask?**  
*Membership: making the “ask,” passing the guest and other best practices*

## Third Session – Held at NIACC

- **Money, Money, Money...MONEY!**  
*Find out what fundraising opportunities are available to your chapter through the State from working at the Iowa Speedway to ... did someone say turkey?!*
- **State Board Training**  
*TBA*
- **Dress For Success – Beth McGorry**  
*Ever look at your closet and wonder what is the appropriate outfit for this occasion? This training will provide the basics on how to make sure you are dressed for success no matter what the occasion!*
- **Facebook 101 – Justin Edwards**  
*Discover all the ins and outs of Facebook and how to use it to it's fullest potential.*
- **Common Sense to Make Cents Common – Scott Christopher**  
*How to cut back and survive a tough economy by making changes to your everyday life*

## Fourth Session – Held at NIACC

- **Governors Association**
- **LPA Meeting**
- **SDA Meeting**
- **RD/DD Meeting**
- **Amazing Race Charles City Style – Robyn Bahlmann**  
*Uncover some of the amazing mysteries of CC in a 50 minute scavenger hunt through downtown CC.*

ALL TRAININGS SUBJECT TO CHANGE, WATCH THE WEBSITE FOR UPDATES!