

VALDOSTA - LOWNDES COUNTY  
CHAMBER OF COMMERCE

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March 29, 2011  
**For Immediate Release**

### **MetroOne Focuses on Equipping Young Professionals**

VALDOSTA, Ga.—The Chamber's MetroOne Young Professionals Network and Valdosta State University hosted the 3<sup>rd</sup> Annual Professional Development Seminar on Tuesday, March 29 at VSU's University Center. The seminar, titled "Critical Workplace Competencies," equipped young professionals with tools for improving their efficiency and productivity on the job.

MetroOne member and seminar attendee Nikki Forman, Media Coordinator for the City of Valdosta said, "The information was thought provoking, appropriate and relevant to all young professionals. I will definitely be sure to use this information in moving forward in my own professional development."

Sessions ranged from financial planning to using technology in the work place. Brad Lofton, Industrial Authority Executive Director, spoke on how to retain young professionals in our community and helped attendees understand the importance of tapping into the young professionals market. Talk 92.1's Martha Dollar gave insight on the missing link to being successful today through a health-conscious perspective. Dr. Mary Willis, with VSU, gave the audience tips on making the right first impression through written and oral communication skills.

Chief Technology Officer for Nexxtep Technology Services, Ryan Williams, gave listeners insight into how technology can make professionals more efficient and productive. Jeff Sikes, with Ist America Drugs answered the question, "How do we get the most performance from each employee?" and helped the audience understand their role in their companies. An opportunity for a refresher or to become acquainted with stocks, bonds and mutual funds was given by Edward Jones financial planner, Michael Meeks. Dr. Cynthia R. Tori, VSU economist, capped off the event with her discussion about how to make the recovery work for you. Tori helped attendees understand the importance of following economic trends and the impact it can have on business.

MetroOne is an initiative of the Valdosta-Lowndes County Chamber of Commerce to attract and retain young professionals. For more information, visit [www.MetroOneValdosta.com](http://www.MetroOneValdosta.com).

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Pictured: Participants learn about Critical Workplace Competencies at the Professional Development Seminar hosted by MetroOne and VSU Tuesday, March 29 at VSU's University Center.