

416 North Ashley Street P.O. Box 790 Valdosta, GA 31603
229.247.8100 FAX 229.245.0071 rdeen@valdostachamber.com
Contact: ReKasa Deen

June 16, 2011
For Immediate Release

MetroOne hosts time management workshop for young professionals

MetroOne Young Professionals will host “Beat the Clock...Don’t Let It Beat You,” a time management Lunch-n-Learn for young professionals, Tuesday, June 21 at noon at LaQuinta Inn & Suites. Michael Jetter, Valdosta-Lowndes County Conference Center and Tourism Authority Executive Director, will share time management techniques for balancing increasingly busy schedules. Young professionals can register and pay the \$10 registration fee, which includes lunch, online at www.MetroOneValdosta.com

“Professional development opportunities such as this Time Management Lunch-n-Learn are a great opportunity for employers to develop their workforce while allowing employees to take an active role in their career advancement,” said Monica Boyd, HR Generalist and Volunteer Coordinator at SMITH Northview Hospital.

Jetter has more than 30 years of management, communications and tourism related experience. He is a Certified Business Coach with ActionCOACH, an organization recognized around the world as the number one business coaching firm and a Certified Travel Industry Specialist through Indiana University and Purdue University by the America Bus Association. Jetter’s career has included radio broadcasting production, marketing and management; commercial print sales and management and 11 years in hospitality and theme park management at Wild Adventures.

MetroOne is a Valdosta-Lowndes County Chamber initiative with the goal of attracting and retaining young professionals to the Metro Valdosta area. Founded in September 2007, the group focuses on three key areas: networking and community engagement, professional development and young professional advocacy.

For more information about MetroOne, contact ReKasa Deen at the Chamber at 229-247-8100 or rdeen@valdostachamber.com or visit www.MetroOneValdosta.com.

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