

VALDOSTA - LOWNDES COUNTY  
CHAMBER OF COMMERCE

Leading Businesses.  
Leading Communities.™



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**For Immediate Release**

### **MetroOne: Developing the workforce and retaining young professionals**

Mark your calendar to attend the upcoming half-day MetroOne Professional Development Seminar Tuesday, March 29<sup>th</sup> from 8 a.m. to 1 p.m. at the VSU University Center. Participants have the opportunity to attend a variety of concurrent sessions to sharpen their networking skills, strengthen their leadership skills and enhance their knowledge of current technology. Registration is \$15 for young professionals ages 21-40. Registration includes a continental breakfast, participation in three sessions and lunch with a keynote address provided by Valdosta State University Professor of Economics, Dr. Cynthia R. Tori. Visit [www.MetroOneValdosta.com](http://www.MetroOneValdosta.com) to learn more or to register to attend. The break-out sessions are listed below.

#### **9 a.m. Options:**

- *Effective Communication: Putting Your Best Foot Forward-*  
Dr. Mary Willis, Valdosta State University
- *Using Technology to Work Efficiently and Stay Organized*  
Ryan Williams, Nexxtep Technology Services, Inc.

#### **10 a.m. Options:**

- *The Entrepreneurial Myth: Why Most Businesses Don't Work and What to Do About It*  
Jeff Sikes, First America Drugs
- *The Missing Link*  
Martha Dollar, Talk 92.1

#### **11 a.m. Options:**

- *The Importance of Young Professionals*  
Brad Lofton, Valdosta Lowndes County Industrial Authority
- *Foundations of Investing*  
Michael Meeks, Edward Jones

MetroOne is a Valdosta-Lowndes County Chamber of Commerce initiative with the goal of attracting and retaining young professionals to the Metro Valdosta area. Founded in September

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2007, the group focuses on three key areas Networking & Community Engagement, Professional Development and Young Professional Advocacy. MetroOne is open to all young professionals between the ages of 21 and 40. The format of MetroOne allows for all individuals to utilize their unique talents in pursuing the common goal of making Metro Valdosta a young professional-friendly community. Visit [www.MetroOneValdosta.com](http://www.MetroOneValdosta.com) for more information and to sign up to receive updates about MetroOne.

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