

VALDOSTA - LOWNDES COUNTY
CHAMBER OF COMMERCE

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

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For Immediate Release

VALDOSTA, Ga.—The Chamber’s MetroOne Young Professionals Network and Valdosta State University hosted the 3rd Annual Professional Development Seminar on Tuesday, March 29 at VSU’s University Center. The seminar was titled “Critical Workplace Seminar” and 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 Director, spoke on how to retain and keep young professionals in our community and helped attendees understand the importance of young professionals in communities and business. Talk 92.1’s Martha Dollar gave her insight on the missing link to being successful today through a health-conscious perspective. Dr. Mary Willis, a professor at VSU, gave the audience examples 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 any professional more efficient and productive. Jeff Sikes, with First America Drugs answered the question “how do we get the most performance from each employee?” and gave the audience an opportunity to understand their role in a company. 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 the young professionals 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.

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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.