

PROFESSIONAL OPPORTUNITIES WEEK



“Fearless
Living in an
Age of
Anxiety”

Student Professional Development Conference - March 5, 2019

Opening Reception: 8:30-9:00

Registration and Continental Breakfast - Vivian M. Carroll Hall/McFeat

Track I: Live (In Person) Sessions

Vivian M. Carroll Hall

9:00 - 9:50 Anxiety is Like a Rocking Chair, It Keeps You Moving But Gets You No Where

10:00 - 10:50 Life is Ten Percent What You Experience and Ninety Percent How You Respond

11:00 - 11:50 Smile, Breathe and Go Slowly: Strategies to Break the Fear Barrier

Track II: Webinar (online only)

9:00 - 9:50 You Can't Control What Goes on Outside But You Can Control What Goes on Inside

10:00 - 10:50 Anxiety Does Not Empty Tomorrow of Its Sorrows, But Only Empties Today of its Strength

11:00 - 11:50 Scared Is What You're Feeling, Brave Is What You're Doing

Luncheon 12:00-1:30pm

DiGiorgio Campus Center (Banquet Hall)

“Nothing Diminishes Fear Faster Than Courageous Action”

Keynote Speaker: Mike Almeyda – F3 Performance Group, Charlotte, NC
Entrepreneurship, Executive Coach, Business Coach