**Workshop Descriptions – FLC 2023**

**Session 1 – 8:15AM – 9:00AM**

**Title:** *Everything I’ve Learned About Life in 45 Minutes (Dr. Steven Aragon)*

**Description:**We all want to live fulfilled, happy lives. We oftentimes think this happens through job titles, money, and material goods. Allow me to share the wisdom I’ve gained as to what I’ve learned contributes to such a life. These are the pieces of advice I would give my younger self and, since I can’t do that, let me pass them onto you!

**Who Should Attend:** Anyone!

**Room: Oklahoma A-B**

**Title**: *Failing Forward (Kyla Woodbridge)*

**Description**: Join us on a path less traveled, where failure isn't the end—it's just the beginning of your success story.

In this workshop, “ frequent fail-er” Kyla Woodbridge, will help you master the art of turning stumbles into strides. In a world that often celebrates only the victories, we'll explore the beauty of setbacks and the strength they can provide. This workshop isn't about avoiding failure—it's about embracing it, learning from it, and emerging stronger than ever before. Don't let fear of failure hold you back. Seize this opportunity to unlock your full leadership potential.

**Who Should Attend:** Anyone!

**Room: Oklahoma C-D**

**Title***: The Action Packed Life (Kyle Willkom, our keynote speaker)*

**Description**: What does it take to live an action packed life? In this fun-filled and interactive session, Kyle breaks down the leadership framework in his best-selling book, Action Packed Leadership. Participants will leave with renewed energy and actionable takeaways to build their own action packed lives.

**Who Should Attend:** Anyone!

**Oklahoma Ballroom (the big one)**

**Title:** *Maximizing Your Moves (Amber Lane)*

**Description:** “Maximizing Your Moves” will help you discover the strategies for enhancing your year-round journey. During this workshop, we will explore various avenues for active engagement and uncover the numerous benefits of seizing varied opportunities. Participants will acquire valuable tools to maintain their involvement and make the most of their experiences. By the end of this session, members will have the skills to truly maximize their journey.

**Who Should Attend:** Anyone is welcome, but this will come from a BPA perspective.

**Room: Oklahoma G-H**

**Title:** Guide to be a Successful Leader (Maryam Amin)

**Description:** Attend this meeting to discuss topics such as imposter syndrome and dive into various leadership styles.

**Who Should Attend:** Anyone is welcome, but this will come from a DECA perspective.

**Room: Oklahoma I-J**

**Title**: *BPA Advisors Meeting*

**Description:** Round tables, coffee, and pastries – the perfect recipe for networking with your fellow advisors.

**Who Should Attend:** BPA Advisors(this is an advisors only session)

**Room: University B-C**

**Title**: *Navigating DECA SBE Certification: A Roadmap for Advisors and Ambitious Students (Carrie Miller)*

**Description**: Join us for an informative presentation designed exclusively for DECA Advisors and enthusiastic students seeking to unlock the power of DECA's School-Based Enterprise (SBE) Certification. Discover the ins and outs of this prestigious certification program, explore the benefits it offers, and gain valuable insights into how it can be implemented within the classroom and SBE. Whether you're an educator looking to guide your students or a student eager to take your DECA experience to the next level, this presentation is your ultimate guide to mastering the DECA SBE Certification.

**Who Should Attend:** DECA advisors and students

**Room: Boomer**

**Title**: *BPA State Officer Panel*

**Description**: Ask your BPA state officer team questions about BPA, being a leader, running for state office…and more!

**Who Should Attend:** BPA Members

**Room: Sooner**

**Session 2 – 9:05AM – 9:50AM**

**Title:** *Everything I’ve Learned About Life in 45 Minutes (Dr. Steven Aragon)*

**Description:**We all want to live fulfilled, happy lives. We oftentimes think this happens through job titles, money, and material goods. Allow me to share the wisdom I’ve gained as to what I’ve learned contributes to such a life. These are the pieces of advice I would give my younger self and, since I can’t do that, let me pass them onto you!

**Who Should Attend:** Anyone!

**Room: Oklahoma A-B**

**Title**: *CTSO to CEO (Kyla Woodbridge)*

**Description**: Do you want to be a CEO, an entrepreneur, or a remarkable leader? If so, you're in the right place!

Join us as Events Unboxed® CEO, Kyla Woodbridge, unveils her journey from student to business owner. Get ready to dive into the world of entrepreneurship and hear important lessons, funny stories, and play games that will test your entrepreneurial grit.

**Who Should Attend:** Anyone!

**Room: Oklahoma C-D**

**Title***: The Action Packed Life (Kyle Willkom, our keynote speaker)*

**Description**: What does it take to live an action packed life? In this fun-filled and interactive session, Kyle breaks down the leadership framework in his best-selling book, Action Packed Leadership. Participants will leave with renewed energy and actionable takeaways to build their own action packed lives.

**Who Should Attend:** Anyone!

**Oklahoma Ballroom (the big one)**

**Title**: *Building a Legacy of Leadership (Lucy Christensen)*

**Description**: In Building a Legacy of Leadership, we will explore the ins and outs of running for student officer positions at the chapter, state, and executive levels within BPA and how to use these roles as a platform for advocacy and leadership. Whether you're an aspiring student leader or a current BPA member looking to take your involvement to the next level, this workshop will provide you with the knowledge, skills, and strategies needed to run for office and make a meaningful impact through your legacy.

**Who Should Attend:** Anyone is welcome, but this will come from a BPA perspective.

**Room: Oklahoma G-H**

**Title**: *Sequencing Secrets: 5 Steps to Improve Your Broadcast News Package (Lily Tucker)*

**Description**: A workshop designed to help you elevate your news packages or video projects. By implementing these 5 shots used by industry professionals into your videos, you will have a leg up in your competition and increase the professional look of your projects.

**Who Should Attend:** Anyone, but may have a BPA competition focus.

**Room: Oklahoma I-J**

**Title**: *DECA Advisors Meeting*

**Description:** Round tables, coffee, and pastries – the perfect recipe for networking with your fellow advisors.

**Who Should Attend:** DECA Advisors(this is an advisors only session)

**Room: University B-C**

**Title**: *DECAopoly: Take a Chance, Pass Go, and Win at DECA Chapter Campaigns! (Carrie Miller)*

**Description**: Are you a passionate student leader in DECA who dreams of leading your chapter to the prestigious DECA International Career Development Conference (ICDC) in Anaheim, California? Did you attend ICDC last year and wanted to know how all those members received ribbons on their IDs? This training is designed to equip DECA student leaders with the knowledge, strategies, and tools needed to earn the Thrive Level on Chapter Campaigns and secure a spot for their chapter at the highly anticipated DECA ICDC in Anaheim, California. This session will cover essential topics and actionable steps to help your chapter achieve the Thrive Level.

**Who Should Attend:** Anyone excited to take their DECA chapter to the next level!

**Room: Boomer**

**Title**: *DECA State Officer Panel*

**Description***:* Ask your DECA state officer team questions about BPA, being a leader, running for state office…and more!

***Who Should Attend:*** *DECA Members*

***Room: Sooner***

**Session 3 – 9:55AM – 10:30AM**

**Title:** Monopolize Your Meetings (Peighton Harak & Ricardo Charqueno)

**Who Should Attend?** DECA chapter officers and members (DECA Specific)

**Room: Oklahoma A-B**

**Title:** Filling the Community Chest (Thomas Branson & Isabelle Dodge)

**Who Should Attend?** Anyone who is interested in learning more about chapter fundraising with an emphasis on community service

**Room: Oklahoma C-D**

**Title:** Advance to Go (Reid Ragaini & Makayla Adams)

**Who Should Attend?** Chapter Presidents (BPA & DECA)

**Room: Oklahoma G-H**

**Title:** How to Make Meetings More Personal (Subaha Kibria & Natalie Kirkley)

**Who Should Attend?** BPA & DECA chapter members with emphasis for VPs of Leadership and Historian/Chaplains.

**Room: Oklahoma I-J**

**Title:** Monopoly Media (Madalyn Monson & Anahi Lopez)

**Who Should Attend?** Any BPA & DECA officers who assist with posting to their chapter social media accounts

**Room: University B-C**

**Title:** BMITE Q&A with Mark Burch

**Who Should Attend?** Advisors who have questions about BMITE procedures & processes

**Room: Boomer**

**Title:** Meetings: BPA Edition (Maggie Battles, Aspen Nelson, and Mason Miller)

**Who Should Attend?** BPA chapter officers

**Room: Sooner**