

FLC 2024 Workshop Descriptions

OK Ballroom A-B

Workshop Title: Stream to Dream: Binge-Watching Your Way to Wellness and Career Success! Time: 9:00a – 9:40a & 9:50a – 10:30a

Presenter: Katlyn Hudgins, Program Specialist, Counseling & Career Development **Audience:** Everyone

Description: In this session, we will discuss how to turn your dreams into reality through inspiration from your favorite Netflix shows. You will learn to transform daydreams about your ideal career into actionable steps. We'll explore strategies for setting healthy boundaries (including managing your binge-watching habits), finding your people, and forging your own path to career success. Join us for an interactive discussion that will empower you to pursue your goals with confidence!

Workshop Title: DECA's Got Talent

Time: 1:30p – 2:10p Presenter: Diana Nguyen, OK DECA VP of Career Development Audience: DECA members

Description: Bring your creativity and competitive spirit! In this high-energy workshop, you'll learn key strategies for personal growth and gaining a competitive edge to win glass this year. With fun challenges and teamwork exercises, Diana will help you boost confidence and stage presence, making sure your strengths shine in front of any judge.

OK Ballroom C-D

Workshop Title: Next-Level Presentations: Basic to Elite Presenting Skills in 30 Minutes Time: 9:00a – 9:40a & 9:50a – 10:30a Presenter: Allyson McElroy, Founder of On3OnPurpose, John Maxwell Coach Audience: Everyone

Description: It's time to stand out with your next presentation. Join John Maxwell Team Member Allyson McElroy, founder of On3OnPurpose, at this interactive and never-boring session sure to take you to the next level.

Workshop Title: Popcorn and Post

Time: 1:30p – 2:10p Presenter: Ella Thomas, OK BPA State Reporter & Niday Joseph, OK DECA State VP of Marketing Audience: BPA & DECA members

Description: Pop into our session and learn how to enhance your social media accounts to optimize recruitment while staying safe on the web!

Main Ballroom

Workshop Title: True Values!

Time: 9:00a - 9:40a

Presenter: Eddie Slowikowski, Professional Speaker

Audience: Everyone

Description: What is truly valuable in life? What do you believe in? It's time to find out what lies underneath your actions. Take a powerful journey of self-discovery with Eddie Slowikowski by grappling with the biggest challenges in your life. Establish your priorities, identify your strengths, and overcome your fears to come face-to-face with "the real you."

Workshop Title: Teaming Up to Make a Difference

Time: 9:50a – 10:30a

Presenter: Eddie Slowikowski, Professional Speaker

Audience: Everyone

Description: If you want to feel empowered to succeed as part of a team, this breakout rocks it. Join Eddie Slowikowski for a raucous, high-spirited, musical trivia dance party – and learn amazing teambuilding skills along the way. This breakout promotes an environment of collaboration, creative thinking, innovation and outright fun. A highly motivating experience of interactive teamwork – Eddie uses popular culture, today's biggest music hits, and teambuilding things to get participants moving, heart's pumping and the competition flying.

Workshop Title: Lead Like a Ranger: Discover Your Leadership Style

Time: 1:30p – 2:10p Presenter: Thomas Branson, National BPA Treasurer - Secondary Division Audience: Everyone Description: Join National BPA Treasurer, Thomas Branson and learn your leadership role within a team by discovering your ranger color.

OK Ballroom G-H

Workshop Title: DECA's Sweethearts: How to Run a Meeting

Time: 9:00a - 9:40a

Presenter: OK DECA State Officers - Briley Brundidge - VP of Leadership, Meagan Edwards - VP of Finance, and McCartney Holmes - VP of Hospitality

Audience: DECA Chapter Officers

Description: This breakout showcases how to properly run a DECA meeting, as well as highlighting the role of each officer within a meeting. Oklahoma DECA state officers Meagan, Briley, and McCartney provide a fun and engaging environment with inspiration from America's Sweethearts.

OK Ballroom G-H

Workshop Title: Bite-Sized Meeting Tips

Time: 9:50a - 10:30a

Presenter: OK BPA State Officers - Dylan Cook - Vice President, Chloe Bell - Vice President, Christian Bochy - Historian / Chaplain, and Charlotte Sipes - Parliamentarian **Audience:** BPA Chapter Officers

Description: In this interactive workshop, you'll learn key strategies to plan, lead, and manage meetings that drive results. Topics include meeting management, parliamentary procedure tips, and creating effective agendas. Attendees will gain practical skills to set clear objectives, foster collaboration, and manage time efficiently. To keep things engaging, the session also features an icebreaker and trivia, ensuring a fun, productive experience for all.

Workshop Title: Fast and Focused: Speeding Towards Secretary Success

Time: 1:30p - 2:10p

Presenter: Rylee Kipf, OK BPA State Secretary

Audience: BPA & DECA Chapter Secretaries

Description: In today's fast-paced world, being an effective secretary is a must for your DECA or BPA chapter. In this session we will discuss strategies and tips to help your team win your race! From time management and organization to communication and problem solving, we'll cover key techniques to help your team function faster and more efficient than ever. Whether you are an experienced secretary looking for more tips or new to the title, you are bound to learn something you can bring back to your chapter!

OK Ballroom I-J

Workshop Title: Social Media Strategies to Stream Your Chapter's Success Time: 9:00a – 9:40a Presenter: Jonah Andrews, Former DECA Chapter Vice President, Edmond North Audience: Everyone Description: Learn how to harness the power of social media platforms to boost chapter

recruitment, improve engagement, and strengthen your online presence. From choosing the right platform to creating visually appealing content and working with algorithms, this workshop provides practical strategies to maximize your chapter's social media impact.

Workshop Title: Leading with Confidence and Charm

Time: 9:50a - 10:30a

Presenter: Makayla Adams, National BPA Parliamentarian

Audience: Everyone

Description: Channel your inner Elle Woods in this fun, interactive workshop designed to help you lead with confidence, charm, and authenticity! Learn to build confidence, communicate with style, and connect with others through your unique personality. Leave ready to lead with poise, charisma, and a little extra sparkle!

OK Ballroom I-J

Workshop Title: Prim, Proper, and Presidential

Time: 1:30p - 2:10p

Presenter: Subaha Kibria - OK DECA State President & Nancy Gilbert - OK BPA State President **Audience:** BPA & DECA Chapter Presidents

Description: This Bridgerton-themed leadership workshop for chapter presidents focuses on essential skills and strategies to be a good chapter leader. We will cover key topics such as what goes into the president's role, examples of a president's job, and so much more, empowering chapter presidents to lead with confidence.

Univ. Ballroom B-C

Workshop Title: BPA Advisors in Motion: Fast Connections, Lasting Impact
Time: 9:00a – 9:40a
Presenter: None
Audience: BPA Advisors only
Description: This interactive session is designed to help BPA Advisors build meaningful connections while sharing strategies for fundraising, preparing students for competition, promoting the Torch Awards Program, and supporting BPA Cares initiatives. Whether you're an experienced advisor or just starting out, you'll have the opportunity to exchange best practices and collaborate on fresh ideas. This session will inspire new approaches to chapter leadership and empower you to drive your chapter's success.

Workshop Title: Advisors of the Round Table: DECA Leadership in Collaboration

Time: 9:50a – 10:30a

Presenter: None

Audience: DECA Advisors only

Description: This session is designed for DECA Advisors to share insights and build connections. Engage in discussions on effective mentorship strategies, innovative fundraising ideas, and maximizing participation in competitions. Explore best practices for implementing Student Business Experiences (SBE) and creating impactful chapter campaigns. Network with fellow advisors, exchange valuable experiences, and discover new ways to empower the next generation of DECA leaders.

Boomer

Workshop Title: BPA State Officer Panel
Time: 9:00a – 9:40a
Presenter: Jake Phillips
Audience: BPA Members
Description: BPA members will have a chance to hear and learn from the current State Executive
Council team and ask questions about their journey to become a state officer and what they hope to achieve this year.

Boomer

Workshop Title: DECA State Officer Panel

Time: 9:50a – 10:30a

Presenter: Jake Phillips

Audience: DECA members

Description: DECA members will have a chance to hear and learn from the current State Executive Council team and ask questions about their journey to become a state officer and what they hope to achieve this year.

Crimson

Workshop Title: The Secret Formula for Collegiate DECA

Time: 9:00a - 9:40a

Presenter: Collegiate DECA Officers - Tucker West - President, Peighton Harak - Vice President, and Shae Patel - Vice President

Audience: Collegiate DECA members or prospective members

Description: Join us for an interactive workshop that unlocks the potential of Collegiate DECA! Explore the key differences from high school DECA, discover exciting competitions for the year ahead, and engage in fun activities that promote collaboration and innovation. Connect with fellow members, share insights, and gain the tools to elevate your DECA experience. Let's unlock the secret to success together!

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Univ. Ballroom B-C

Workshop Title: Board Games & Karaoke: The Ultimate Showdown Time: 2:15p – 3:15p Presenter: None Audience: Everyone Description: For the price of \$5, enjoy an unlimited pass that grant

Description: For the price of \$5, enjoy an unlimited pass that grants you access to a wide variety of classic board games and the chance to unleash your inner superstar on the karaoke machine. Challenge your fellow members in friendly board game competitions while singing your heart out to your favorite tunes—relax, connect, have a blast with fellow advisors and students, and let the showdown begin!

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Main Ballroom

Workshop Title: The Pursuit of Happiness: Spreading Joy Through Service

Time: 2:15p – 3:15p

Presenter: None

Audience: Everyone

Description: This engaging session will explore various community service initiatives designed to make a positive impact in the lives of others. Participants can choose from creating heartfelt cards for veterans, children in hospitals, and local shelters, to donating non-perishable items for a food drive. You will also have the opportunity to craft uplifting videos for individuals facing challenges and take part in the "Chain of Love" service project by purchasing paper links for just \$0.25 each to support the Oklahoma Special Olympics. This session provides a chance for student members and advisors to connect and embody the spirit of giving, working together to create meaningful change in their communities!