

**Alaska Pacific University**  
**Alaska Air Guard**  
**Carrs/Safeway**  
**Edward Jones**  
**Evergreen Helicopters of Alaska**  
**Personnel Plus Employment Agency**  
**Matanuska-Susitna College**  
**Alaska Department of Corrections**  
**Alaska Army National Guard**  
**NMS Employee Leasing**  
**Providence Health Systems**  
**Enterprise Rent-A-Car**  
**Country Insurance & Financial Services**  
**The Oriental Healing Art School of Massage**  
**Alaska Commission on Postsecondary Education**  
**2Go Tesoro**  
**Northern Industrial Training LLC**  
**Aflac**  
**Fred Meyer**  
**Gorgeous Girls with Mary Kay**  
**Waddell & Reed**  
**United Rentals, Inc.**  
**Primerica**  
**Hope Community Resources Inc.**  
**Wells Fargo**  
**ESS Support Services**  
**Career Academy**  
**Alaska Job Corps Center**  
**ABC Alaska**  
**GCI**  
**New York Life Insurance Company**  
**Northern Industrial Training LL**

## **Career Expo Agenda**

### **9AM-10AM**

#### **Prepare to Launch your Career**

Career Seekers will launch the conference with this dynamic session

#### **Interview Workshop**

Facilitator

Department of Labor & Workforce Development

### **10AM-12PM**

#### **Exhibit Hall Opens**

### **10AM-6PM**

#### **Workshops in Session**

### **11:AM-2PM**

Special Feature

#### **Chair Massages by Oriental Healing Arts School of Massage**

Our mission as a school is to provide an in depth education in the field of massage therapy. Our roots are in Oriental Medicine and we infuse our curriculum with topics that enrich our students enhancing both their professional and personal growth.

### **12PM-1PM**

#### **Lunch Opening Session**

**Sponsored by, The Greater Wasilla Chamber of Commerce**

(Lunch tickets are \$18)

Announcements

Catered by Am Chef Will Travel

#### **The National Anthem by Jill Reese**

Jill is the owner and operator of the Motherlode Lodge in Hatcher Pass, Alaska. President/Broker of J. Reese Investments & Brokerage Ltd. a commercial real estate brokerage & consulting company located in Palmer Alaska, serving the Mat-Su Valley and Anchorage.

#### **Color Guard Presentation By Elmendorf Air Force Base**

#### **Keynote Speaker**

Marty Metiva

Marty Metiva, a well grounded transplant from the state of Michigan and now rooted in Alaska, serves as the Executive Director of Mat-Su Resource Conservation & Development. Marty's experience as Regional Director of Sales in the travel industry for top cruise lines introduced him to the fascinating study of demographics and psychographics of a variety of communities and economics. Marty and his lovely wife Cheryl are true believers that you are only as good as the example you set for your community. Marty is a tireless volunteer for numerous community projects was justifiably voted Citizen of the Year by the Wasilla Chamber of Commerce members.

### **1:PM-6:PM**

Exhibit Hall Re-opens

Workshops are in session



## **InSight Career Expo & Conference Workshops**

The following information is provided to give an overview of the:

### **Sessions, Facilitator, Resources**

The Workshops offer intellectual programs that foster individual growth and offer an effective venue to build on personal goals. The classroom setting is an environment that allows us to successfully meet the needs of our participants.

Time	Facilitator	Session
<b>9:AM-10AM</b>	<b>Department of Labor &amp; Workforce</b>	<p style="color: blue; margin: 0;"><b>Interviewing Skills</b></p> <p>This session will cover expectations of the employer, how to prepare for the interview and the do's and don'ts in an interview. It will also include the importance of and how to follow-up after an interview.</p>
<b>10:30-12:N</b>	<p style="text-align: center;"><b>Kevin O`Connor MS Ed</b>  <b>Sojourner Enterprises</b>                      Kevin is a certified coach in emotional &amp; spiritual intelligence, life purpose and career purpose. Kevin assists in developing strategies and options to make lives more productive and enriched</p>	<p style="color: blue; margin: 0;"><b>MBTI (Myers Brigg)</b></p> <p>What is one knowledge area that helps you to communicate effectively with others &amp; helps you overcome blocks in communication? The Myers Brigg Type Indicator looks at how we are made up and how that allows us in one sense to work well with others as we know more about them and about ourselves. In this 90 min. presentation, you will find some information about your type &amp; how to apply type in your personal and professional life.</p>
<b>12:-1:PM</b>	<b>InSight Service, LLC</b>	<p style="color: blue; margin: 0;"><b>Résumé Critique</b></p> <p>In this competitive job market, a well-written resume is the single most important factor in getting your foot in the door and on your way to launching your career. This workshop gives you tips &amp; sound recommendations for your personal career situation. Plan to attend this workshop with your resume or a completed application.</p>
<b>10:AM-11:PM</b>	<p style="text-align: center;"><b>Gorgeous Girls w Mary Kay</b>                      Pam Zweifel is a director in Mary Kay Cosmetics. She has earned the Pontiac Grand Prix and diamonds. She will be accompanied by Quinell Lynn and Kari Coon.</p>	<p style="color: blue; margin: 0;"><b>Careers Opportunities</b></p> <p>This Session demonstrate tools and resources on products women need while having unlimited earning potential with freedom and flexibility.</p>

12N-1:PM	Sponsored by the Career Academy	<p style="text-align: center;"><b>Career Marketing</b></p> <p style="text-align: center;">This is a video session that will help individuals learn how to approach their job search and career marketing in a professional and effective way. Sponsored by the Career Academy</p>
1:30-3:30	<p style="text-align: center;"><b>Providence Heath System Alaska Region</b> <b>Mary Ann Kiehn</b></p> <p>Mary Ann has been with Providence Health Systems in Alaska for over 10 years. She has led workshops on Interviewing skills and recruitment presentations and orientations. She is the Select Interviewing Instructor for the Alaska Region, teaching all hiring managers the benefits of this powerful tool.</p>	<p style="text-align: center;"><b>Select Interviewing</b></p> <p style="text-align: center;">Accurate efficient and legally defensible interviewing</p>
1:PM-1:30	Department of Labor & Workforce	<p style="text-align: center;"><b>High Growth Job Training Initiative Grant</b></p> <p style="text-align: center;">This presentation is focused on presenting information relating to jobs in the energy, transportation, and construction fields. We will discuss the job opportunities in Alaska that are available now and in the near future. We talk about apprenticeships and salaries related to high growth jobs. Other in-school training opportunities for high school youth will also be presented. Funding and financial aid sources will also be discussed.</p>
1:30-3:30	<p style="text-align: center;"><b>Kevin O`Connor MS Ed</b> <b>Sojourner Enterprises</b></p> <p>Kevin is a certified coach in emotional &amp; spiritual intelligence, life purpose and career purpose. Kevin assists in developing strategies and options to make lives more productive and enriched</p>	<p style="text-align: center;"><b>Emotional Intelligence</b></p> <p style="text-align: center;">Helps Improve Productivity in the Workplace</p>