

Y&P 2026 SUMMIT

PRESENTED BY:  **Capital City Bank**

FRIDAY, MAY 8, 2026

TURNBULL CONFERENCE CENTER - 2ND FLOOR

8:00 AM - 9:00 AM

REGISTRATION OPENS

Coffee & Pastries Available

9:00 AM - 9:15 AM

WELCOME/EVENT KICK-OFF

2026 ACCESS CHAIR: *Jaynie Sundberg, Capital City Bank*

9:15 AM - 10:00 AM

PANEL DISCUSSION: BUT FOR ACCESS

An engaging panel discussion featuring past Access Chairs reflecting on the impacts that Access Tallahassee had on their professional development and careers and offering advice to current Access members and young professionals.

SPEAKERS:

Lauren Helm, Lauren Helm PR (Moderator)

Richard Darabi, Moore Bass Consulting, Inc.

Blake Dowling, Aegis Biz Tech

Anna-Kay Hutchison, Capital City Bank

10:00 AM - 10:15 AM

BREAK

10:15 AM - 11:15 AM

BREAKOUT SESSIONS ~ ROUND ONE

ROOM 201

WHAT THEY DON'T TEACH YOU: 10 FINANCIAL GOALS FOR YOUR 20S AND 30S

ROOM 214

POST, LIKE... NOW WHAT? UNDERSTANDING YOUR RIGHTS AND RISKS ON SOCIAL MEDIA

ROOM 205

PUBLIC SPEAKING AND PROFESSIONAL SUCCESS

Workshop descriptions & speakers at end of agenda!

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11:15 AM - 11:30 AM

BREAK

11:30 AM - 12:00 PM

LUNCH BUFFET OPENS

12:00 PM - 12:30 PM

SPONSOR RECOGNITION & FUTURE 5 AWARDS

12:30 PM - 1:15 PM

KEYNOTE PRESENTATION

KEYNOTE SPEAKER: CHARLIE WARD

Executive Director, Charlie & Tonja Ward Family Foundation
Co-Founder, Charlie Ward Champions Ranch
Head Coach, FAMU Men's Basketball Team

Charlie Ward, Jr. is a husband, father, mentor and coach who embodies the principles of integrity, hard work and faith in God. Described as a once-in-a-lifetime athlete and human being, Charlie's commitment to serve others is deeply respected in the sports community and far beyond. His calm demeanor and powerful leadership message of preparation, perseverance and patience set strong examples for business leaders, organizations, students and families.

1:15 PM - 1:30 PM

BREAK

1:30 PM - 2:30 PM

BREAKOUT SESSIONS ~ ROUND TWO

ROOM 214

CRIME PREVENTION IN ACTION: SCAMS, SOLUTIONS AND SMART DECISIONS

ROOM 205

SPEAK UP OR FADE OUT: BURNOUT, PRESSURE, AND LEARNING HOW NOT TO LOSE YOURSELF

Workshop descriptions & speakers at end of agenda!

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2:30 PM - 2:45 PM

BREAK

2:45 PM - 3:45 PM

LOCAL DEVELOPMENT UPDATE

Join us for a dynamic closing session on local economic development updates where we'll explore what's coming to town, what's on the way out, and more.

SPEAKERS: *Debbie Ashlin & Slaton Murray, NAI TALCOR*

4:00 PM

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BREAKOUT SESSIONS ~ ROUND ONE (10:15 - 11:15 AM)

WHAT THEY DON'T TEACH YOU: 10 FINANCIAL GOALS FOR YOUR 20S AND 30S

SPEAKERS: Brett F. Ewing, First Franklin Financial Services & Kacee Floyd, Strategic Wealth Specialists

This session will walk attendees through the foundational money moves young adults should prioritize, ranked from #10 to #1. It will cover protecting yourself first (insurance, wills, credit), then building income and avoiding wealth-destroying habits like lifestyle creep and high-interest debt. The core message is that time is your biggest asset — whether it's compound growth in a Roth IRA, staying invested in the market, or capturing your full 401(k) match — and a written financial plan is the foundation that ties it all together.

POST, LIKE... NOW WHAT? UNDERSTANDING YOUR RIGHTS AND RISKS ON SOCIAL MEDIA

SPEAKERS: Maria S. Hossain, Deborah Minnis and Magie Ozarowski, Ausley McMullen

Social media often blurs the line between your personal life and your workplace. This reality can create challenges when what you post intersects with your job. This session will provide a practical overview of when an employer may take action based on social media activity—and when that action could raise issues under federal or Florida law. It also will offer guidance on understanding your rights, navigating workplace expectations, and avoiding common pitfalls that can lead to discipline, disputes, or unintended consequences.

PUBLIC SPEAKING AND PROFESSIONAL SUCCESS

SPEAKER: Mark Zeigler, Florida State University

Professional success often relies on more than experience and technical skill—it requires the ability to communicate ideas clearly, confidently, and persuasively. This session will explore the link between career growth and effective public speaking. Participants will learn how to structure memorable messages, how to analyze occasions and audiences, and at least pretend to be confident in stressful situations. Mark Zeigler has taught these skills to thousands of students at Florida State and professional audiences across the country for 36 years. Through practical tips and real-world examples, the session will equip you with the tools to elevate your presence, influence decisions, and advance professionally. If it doesn't do that, at least we can learn how to do it without feeling sick!

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BREAKOUT SESSIONS ~ ROUND TWO (1:30 - 2:30 PM)

CRIME PREVENTION IN ACTION: SCAMS, SOLUTIONS AND SMART DECISIONS

SPEAKERS: Brittany Christie, Captain Jimmy Goodman, Shonda Knight, Leon County Sheriff's Office

Join the Leon County Sheriff's Office Crime Prevention Team for an interactive session that breaks down today's most common scams, highlights local trends, and shows you exactly how to identify threats.

SPEAK UP OR FADE OUT: BURNOUT, PRESSURE, AND LEARNING HOW NOT TO LOSE YOURSELF

SPEAKER: Aaron Tillman, Inspire Hope Collective, LLC

What will define your professional legacy? The courage to advocate for your needs, or the slow erosion of your voice under pressure? This interactive workshop will explore the intersection of burnout, emotional capacity, and workplace realities for early-career professionals navigating high-demand environments. Participants will examine how internal experiences (feeling undervalued, overwhelmed, or misaligned) can shape perception, influence communication, and impact decision-making. While emotions are valid, this session challenges participants to critically assess when feelings reflect reality and when they may distort it.

Participants will gain practical strategies to:

- *Communicate assertively without emotional depletion*
- *Navigate misalignment between staff and leadership with clarity and intention*
- *Deliver and receive feedback without internalizing or avoiding conflict*
- *Set and maintain boundaries that support both performance and well-being*