



2026

**LEAD
YOUR
CITY**

SUMMIT

10 YEARS



Tuesday, Sept. 1st
8:30AM - 5PM



Agenda

Tuesday September 1, 2026
8:30AM - 5PM



TIME	SESSION	LOCATION
08:30 - 09:15	Event Check-In + Breakfast	Lobby
09:15 - 09:30	Welcome + Mindful Movement	Auditorium
09:30 - 10:20	Keynote with Megan Oglesby	Auditorium
10:20 - 10:40	Snack Break + Headshots	Lobby
10:40 - 11:30	Breakout Session Block 1: Own Your Growth	Breakout Rooms
11:30 - 12:00	Breakout Session Block 2: Perspectives in Practice	Breakout Rooms
12:00 - 01:00	Lunch Break	Pre-Function Rooms + Oak Ridge C/D
01:00 - 01:45	Choose Your Conversation	Breakout Rooms
01:45 - 02:35	Breakout Session Block 3: Build Real Relationships	Breakout Rooms
02:35 - 02:55	Break + Headshots	Lobby
02:55 - 03:45	Breakout Session Block 4: Take Action	Breakout Rooms

10 Years of Momentum.  **Now It's Your Turn.**



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Tuesday September 1, 2026
8:30AM - 5PM



TIME	SESSION	LOCATION
03:45 - 04:00	Break + Headshots	Lobby
04:00 - 04:35	Momentum in Motion: Alumni Panel	Auditorium
04:35 - 05:00	Lead Your City Concludes	Auditorium
05:15 - 07:00	10th Annual Lead Your City Alumni Reception	Lobby



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08:30 - 09:15 Event Check-In + Breakfast

- **Location:** Lobby
- Participants check-in and receive name tags. Join us for breakfast, visit the swag table, and settle in.

09:15 - 09:30 Welcome + Mindful Movement

- **Location:** Auditorium
- Remarks from synerG: Kathryn Lutterloh & Randon Senn, synerG Council Co-Chairs
- Remarks + Sponsor Spotlight: Dr. Tony Clarke, President, GTCC
- Mindful Movement: Christina Hlong, Find Your Flow Fitness + Wellness Studio

09:30 - 10:20 Keynote with Megan Oglesby

- **Location:** Auditorium
- Hear from the inaugural Executive Director of the Earl and Kathryn Congdon Family Foundation who now serves as Senior Advisor. Through her leadership, the Foundation has advanced its mission of creating access to opportunity and driving economic development in High Point and the greater Carolina Core. Megan's passion for community impact also inspired her to launch businesses for good—including serving as the Principal Investor of Carolina Core FC, a professional men's soccer club competing in MLS NEXT Pro, and as a Founding Board Member and Investor in WPSL Pro, a new Division II women's professional soccer league. Both initiatives extend the Foundation's vision of building strong communities through job creation, youth development, and civic pride.



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10:20 - 10:40 Snack Break + Headshots

- **Location:** Lobby
- Fuel up before our first set of breakout sessions.

10:40 - 11:30 BREAKOUT SESSION BLOCK 1: OWN YOUR GROWTH

(Choose one of three sessions)

Building Habits That Move Your Career Forward

Lasse Palomaki

- **Location:** Truist AB
- Career growth doesn't happen by accident — it happens when you're willing to ask for opportunities, sit with the discomfort of not having it all figured out, and take initiative both at work and beyond it. In this interactive session, attendees will explore why ambiguity is often a sign of real growth (not a warning sign to avoid), practice language for asking for what they want, and identify small, proactive habits that keep momentum going long after the session ends.

Build Your Personal Brand: Position Yourself to Be Seen, Remembered & Ready

Jamesia Harrison

- **Location:** Truist CD
- Your personal brand is already speaking, make sure it's saying the right thing. In this interactive session, communications strategist and speaker Jamesia Harrison will help you identify what sets you apart, communicate your value with confidence, and craft a compelling elevator pitch that opens doors. Attendees will also have access to the Build Your Personal Brand companion book to turn what they learn into an actionable strategy for greater visibility and opportunity.



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Professionalism 201: Elevate Your Professional Presence

Jada Harris

- **Location:** Classroom 130/131
- This workshop moves beyond standard “do’s and don’t” to explore soft skills required to thrive, lead, and leave a lasting impact. Refine your executive presence by learning to 1- align workplace expectations, 2- navigate professional environments, and 3- show up at work with excitement and focus.

11:30 - 12:00 BREAKOUT SESSION BLOCK 2: PERSPECTIVES IN PRACTICE

(Choose one of three sessions)

Led by Future Fund of Greensboro, these small-group discussions explore how philanthropy and community impact take shape through business, nonprofit leadership, and entrepreneurship.

Creating Impact Through Corporate Leadership

Bri Williamson

- **Location:** Truist CD
- Explore how businesses can create community impact.

Your City Needs You: The Benefits of Non-Profit Volunteer Leadership

Taylor Ghost

- **Location:** Truist AB
- Discover ways to lead and serve your community.

Filling the Gap: Building Businesses That Build Communities

Brittany Hicks

- **Location:** Classroom 130/131
- Explore how entrepreneurship can strengthen communities.



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12:00 - 01:00 Lunch Break

- **Location:** Lobby Pre-Function Rooms + Oak Ridge C/D
- Enjoy a buffet lunch. Use this longer break to have your headshot taken, connect with fellow attendees, or respond to emails.

01:00 - 01:45 Choose Your Conversation

(Mingle as you please)

In this topic-based networking segment, pick a theme that interests you, meet others who share your curiosity, and move between rooms at your own pace.

Dream Your City with iGen

- **Location:** Truist A
- What do young professionals want to see and experience in Greensboro?

Find Your Place in Greensboro

- **Location:** Truist B
- Ways to get involved locally through volunteering, boards, organizations, advocacy, etc.

Navigating AI in the Workplace

- **Location:** Classroom 130
- An open conversation about how AI is showing up at work, including the benefits, concerns, and boundaries.

Figuring It Out Together

- **Location:** Classroom 131
- Navigating your first few years of work.



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01:45 - 02:35 BREAKOUT SESSION BLOCK 3: BUILD REAL RELATIONSHIPS

(Choose one of three sessions)

How to Speak Up at Work

Dr. Ayesha Swinton

- **Location:** Truist AB
- Have you ever been a part of a conversation that you wish had gone differently? Perhaps you were caught off guard and left stunned by a particular comment. Minutes, hours or even days after the interaction, you finally think of the exact right thing to say? As we seek to foster environments where everyone feels a sense of belonging and worth, we realize that navigating the workplace can be really hard! Oftentimes, we are trying desperately to be allies, accomplices, and co-conspirators, but we fall down on the job when we don't know how to react to expressed biases and microaggressions. This presentation endeavors to prepare folks to respond when they come in contact bias so they might be less likely to agonize over missed opportunities. As a collective we will explore and offer suggestions for finding balance and maintaining relationships in nuanced situations when we encounter bias.

Emotional Intelligence: Understanding Yourself to Better Understand Others

Dr. Brian Finch

- **Location:** Truist CD
- You can't control every person or situation at work—but you can control how you show up. This interactive session explores the power of emotional intelligence to help you understand yourself, read the room, manage pressure, navigate conflict, and build relationships that move your career forward.



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Don't Wait for the Invitation: Building Real Relationships

Isabel Bowen

- **Location:** Classroom 130/131
- Networking can easily become transactional, but meaningful relationships are what actually open doors, create opportunities, and make a career feel connected. In this session, we'll talk about how to build genuine connections, create your own "rooms" when you don't feel invited into existing ones, and turn introductions into relationships that last. You'll leave with practical ways to expand your circle, strengthen existing relationships, and take the first step toward building your own community.

02:35 - 02:55 Break + Headshots

- **Location:** Lobby
- Take some time to regroup, chat with fellow attendees, or visit one of our vendor tables.

02:55 - 03:45 BREAKOUT SESSION BLOCK 4: TAKE ACTION

(Choose one of three sessions)

Media Strategy and Training: Controlling the Narrative

Eric Chilton

- **Location:** Classroom 130/131
- The Media Training Workshop is designed to equip participants with the necessary skills and techniques to effectively communicate with the media. In today's fast-paced digital world, interacting with the media is inevitable for businesses. This workshop will provide participants with practical strategies to handle media inquiries, deliver key messages, and maintain a positive public image.



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Using AI and Staying Creative

Chris Miller

- **Location:** Truist AB
- We keep hearing that if you don't use AI, you'll be left behind—but how do we effectively use AI while staying creatively sharp? With a reliable system for encouraging creative output and a grounded understanding of how AI actually works, we can start to answer that. In this interactive workshop, we'll break down what AI is, map out the major stages of the creative process and explore exactly where AI can naturally fit into that process. You'll leave this workshop with a clear framework for identifying the best AI use cases for your specific work, along with practical tools for writing prompts that deliver high quality results.

Building Habits That Move Your Career Forward

Lasse Palomaki

- **Location:** Truist CD
- Another opportunity to catch this morning's session.

03:45 - 04:00 Break + Headshots

- **Location:** Lobby
- Take advantage of last call headshots and prepare for the final whole-group session of the day.

04:00 - 04:35 Momentum in Motion: Alumni Panel

- **Location:** Auditorium
- Moderator: Cecelia Thompson
- Panelists: Ivan Canada, Maria Hicks-Few, Adam Marshall, Hillary Meredith
- Hear from synerG alumni as they reflect on their experiences, community involvement, and the paths they've taken since their early-career years.



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04:35 - 05:00 Lead Your City Concludes

- **Location:** Auditorium
- Wrap up the day with final reflections and raffle giveaways. Be sure to stick around until the end for a chance to win!

05:15 - 07:00 10th Annual Lead Your City Alumni Reception

- **Location:** Lobby
- Celebrate 10 years of Lead Your City with synerG alumni and fellow attendees. Stick around for an open bar, hors d'oeuvres, and a chance to reconnect with familiar faces.



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