



Leadership North Carolina

Class 30 Orientation Session

October 11-13, 2022
Boone

[#LNC30]

Session Workbook

CAROLINA SPONSORS



EMERALD SPONSOR



Leadership North Carolina
www.leadershipnc.org

This workbook contains links and materials you will need to make the most of your Orientation session. Please download it or have it accessible online during the program.

Table of Contents

General Information	1
COVID Protocols.....	1
LNC Staff Contact Numbers	1
Orientation Session Details	1
Session Homework and Resources	1
Agenda Link.....	1
Speaker Directory Link	1
Session Locations and Directions.....	1
Parking Registration Instructions	1
Courtyard by Marriott – Base Hotel.....	2
Plemmons Student Union – Meeting and Reception Location.....	2
Grandview Ballroom at Appalachian State University – Class Dinner	3
Appalachian State University Campus Map.....	4
Wednesday Program Materials	4
Thursday Program Materials.....	5
Follow-Up Materials	5
Session Evaluation Link	5
Government Session Attendance Survey	5
Learning Team Calls: Prompts and Recording Form Link.....	5
General Program Resources	6
Class Roster	6
Learning Team Assignments	7
LNC Learning Model and Guiding Principles.....	8

General Information

This workbook contains links and content for use during your Orientation session. Please download it or have it accessible online during the program.

COVID Protocols

LNC strongly encourages all participants to be fully vaccinated and boosted. All Orientation session venues are mask-optional. Masking for all components of Orientation is at the discretion of individual participants and will be respected and supported.

LNC Staff Contact Numbers

- Kelly Turner (919) 523-4336
- Emily Smith (919) 538-4693
- Brian Etheridge (919) 609-1113
- Maggie Stroud (919) 830-1110

Orientation Session Details

Session Homework and Resources

Your homework assignments and other session resources can be found on [this page](#) of the Class Portal. Be sure to complete your homework before joining the group in Boone. You are encouraged to explore any of the other resources that interest you, both in advance of and following the Orientation session.

Session Homework

- Explore the [Class Portal](#)
 - The password was emailed to you in September. Reach out to kelly@leadershipnc.org or emily@leadershipnc.org if you need to have it resent.
- Review this Session Workbook
- Register your car for parking at App State by downloading the AMP Park App on your mobile device and following instructions under “Session Locations and Directions” below.

Agenda Link

The detailed Orientation session agenda is available through the link on [this page](#).

Speaker Directory Link

The Orientation Speaker Directory is available through the link on [this page](#).

Session Locations and Directions

Parking Registration Instructions

Register your car with App State’s parking system before leaving for Boone. If you have trouble getting this done in advance, park in the Rivers Street Deck as detailed below and the LNC team can help you set up the app when you join us in the Parkway Ballroom.

NOTE: Take a picture of your license plate or have your license plate number written down—you'll need it to register your vehicle.

Register Your Car in Advance

1. Download the AMP Park app on your mobile device.
[Download App for Apple Devices](#)
[Download App for Android Devices](#)
2. Once in the app, click on the menu near the top left to access the "Account" option to set up your profile. Enter your email address and create a password.
3. Click on "Vehicle" to enter your vehicle's information and click "Confirm." You will need to enter the following information:
 - Vehicle license plate (no dashes or spaces)
 - State of vehicle's registration
 - Vehicle make

Once You Are Parked Each Day

1. Open the AMP Park app, click on "Home" to see a map, and select the Rivers Street Parking Deck as your location.
2. Select how many hours you intend to stay and enter **lnc** (all lowercase) as the promo code.
3. Click on "Apply Code" and the charge will change to \$0.
4. Click "Continue" to go to the next page and then click "Purchase" to confirm your parking reservation.
5. If you get a ticket, email a photo of the ticket to [Emily](#) and she'll resolve with the App State team.

Courtyard by Marriott – Base Hotel

1050 Highway 105

Boone, NC

[Courtyard by Marriott - Boone Website](#)

[Courtyard by Marriott - Boone Google Maps Link](#)

Hotel Parking Notes

Complimentary on-site parking is available at the hotel. Be sure to display the parking tag provided when you check in.

Plemmons Student Union – Meeting and Reception Location

Parkway Ballroom, Fourth Floor (Tuesday, Wednesday, and Thursday meetings)

Summit Trail Solarium, First Floor (Tuesday evening reception)

Rivers Street Parking Deck for Plemmons Student Union

461 Rivers Street

Boone, NC

[Rivers Street Deck Google Maps Link](#)

Parking on campus is tight, and carpooling with classmates is encouraged. You may also consider walking to campus from the hotel—it's less than a mile. Just enter "[Plemmons Student Union](#)" in your GPS and watch for LNC's signs as you get close.

Parking Deck Details and Walking Directions to Plemmons Student Union

The 461 Rivers Street address will take you to the Rivers Street parking deck. **After entering the deck, park anywhere starting on the second level.** The directions below will guide you on the walk to Plemmons Student Union from the parking deck—**allow 10-15 minutes for this walk.** Look for LNC's orange, blue, and green directional signs.

Walking from the Rivers Street Parking Deck to the Parkway Ballroom (Meeting Location)

This walking route from the parking deck is highlighted on the map below.

1. Use stairs or the elevator to get to Level 2 to access the pedestrian bridge across Rivers Street.
2. Cross the bridge over Rivers Street.
3. Follow the sidewalk along the right side of Roess Dining Hall. Bear right toward IG Greer Hall.
4. Turn left on the sidewalk before IG Greer and head towards Sanford Mall.
5. Cross Sanford Mall and pass the Dougherty Building on the left.
6. Walk on the left edge of the Locust Street circle, continuing toward the right side of Plemmons Student Union. Enter the PSU doors directly in front of you.
7. Take the stairs to the 4th floor, where you will exit the stairwell in front of the Parkway Ballroom OR walk down the hall to the elevators on the left, just past the Information Desk. Take the elevator to the 4th floor and walk back towards the stairwell to reach the Parkway Ballroom.

Walking from the Rivers Street Parking Deck to the Summit Trail Solarium (Reception Location)

1. Use stairs or the elevator to get to Level 2 to access the bridge across Rivers Street.
2. Cross the bridge over Rivers Street.
3. Follow the sidewalk along the right side of Roess Dining Hall. Bear right toward IG Greer Hall.
4. Turn left on the sidewalk before IG Greer and head towards Sanford Mall.
5. Cross Sanford Mall and turn left in front of the Dougherty Building.
6. Pass the Dougherty Building and turn right into the Plemmons Student Union and follow signs to the Solarium.

Walking from the Parkway Ballroom (Meeting Location) to the Summit Trail Solarium (Reception Location)

1. Take the stairs or elevator to the first floor.
2. Cross through the Cascades food court to the International Hallway.
3. LNC signs will be posted directing you to the Solarium for the reception.

Grandview Ballroom at Appalachian State University – Class Dinner

Blue Ridge Parking Deck – North End Zone at Kidd Brewer Stadium

185 Stadium Heights Drive

Boone, NC

[Blue Ridge Parking Deck \(Stadium\) at North End Zone Google Maps Link](#)

Driving and Parking Details for Grandview Ballroom

1. Enter campus on Rivers Street.
2. Pass the Rivers Street parking deck on your left and turn left onto Stadium Drive.
3. Turn right onto Jack Branch Drive and follow this road until you reach a stop sign.
4. At the stop sign, turn right on Stadium Heights Drive and continue until you see the Blue Ridge Parking Deck (previously called Stadium Parking Deck) on the left.

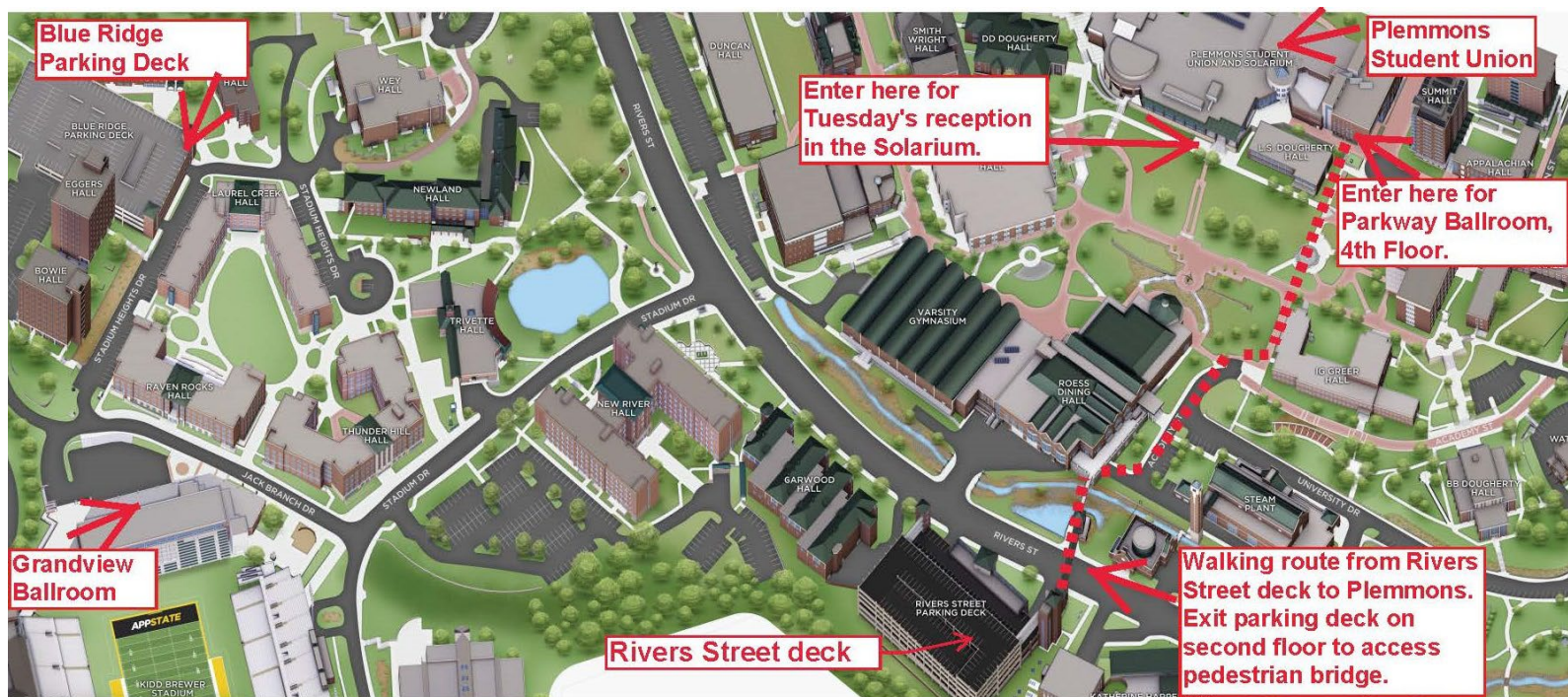
5. The deck will be open, and no parking pass or registration is required at this time of day.
6. If you require handicap parking, please display your placard and park in one of the designated spots in front of the Grandview event center.
7. Enter the North End Zone building and take the elevator in the lobby to the fourth floor. LNC's directional signs will help guide you.

Walking Directions for Grandview Ballroom

If you prefer to walk from the hotel, follow the directions above and allow 25-30 minutes.

Appalachian State University Campus Map

[Interactive ASU Map](#)



Wednesday Program Materials

Learning Team Instructions and Recording Form

During lunch on Wednesday you will have time to start getting to know your Learning Team. You'll also have a chance to name your team, choose your team Navigator, and schedule your October Learning Team call. During session, please select a recorder to complete [this form](#). Only one form needs to be submitted per Learning Team. Keep your introductions fast-paced so you get to hear from everyone!

Start your Learning Team conversation with **introductions**. Here are some prompts to get you started:

- Your day job
- Your night job
- Where you grew up and how long you have lived in NC
- One thing few people are likely to know about you

After introductions, **choose a Team Navigator and a team name** and have your recorder capture and submit them through [this form](#). Your Navigator will be your team's point person to coordinate call scheduling, call facilitation, and which team member will serve as recorder for each monthly call. Call scheduling, facilitation, and recording responsibilities can rotate with each call as your team decides.

Finally, **schedule your first Learning Team call**. Your first call can come any time between Orientation and your November Government session. LNC will share some call prompts for each monthly call, but these calls are really an opportunity for you to get to know each other, process session content, and talk about whatever is on your minds.

Thursday Program Materials

Team Agreements Form

On Thursday morning you will have a chance to break into your Learning Teams to discuss the LNC Learning Model and Guiding Principles and to draft three Team Agreements. Agreements from all nine Learning Teams will be compiled and combined to create a set of agreements for the full Class 30 program year. Each team will need a recorder to capture your agreements and submit them during Orientation through [this Google Form](#).

Follow-Up Materials

The following links are for use after the Orientation session concludes on October 13.

Session Evaluation Link

Please complete your session evaluation through [this Google Form](#) by Friday, October 21. Thank you for sharing your feedback!

Government Session Attendance Survey

Share your attendance plans for the November virtual Government session through [this Google form](#) by Friday, October 21.

Learning Team Calls: Prompts and Recording Form Link

Hold your Learning Team calls and submit your notes through [this Google form](#) by Monday, October 31.

General Program Resources

Class Roster

Your class roster is below and also available through [this link](#).



Leadership North Carolina Class 30 (2022-2023)

Crystal Adams Alexander
Associate Director, North Carolina Oral Health Collaborative
Foundation for Health Leadership and Innovation

Natasha Austin Iredell
Chief Operating Officer
Dogwood State Bank

Bahby Banks Durham
Chief Executive Officer
Pillar Consulting

Ron Barnes Mecklenburg
Assistant Vice President
Federal Reserve Bank of Richmond

Quynh Bowman Mecklenburg
Director - Gas Rates & Regulatory
Duke Energy

Erin Brewer Nash
Executive Director of Corporate and Community Outreach
Barnhill Contracting Company

Amanda Bryant Buncombe
Executive Director
Asheville Museum of Science (AMOS)

Monica Carpenter Yancey
Associate Vice President of Workforce Development
Mayland Community College

Dana Chavis Robeson
Executive Director of CTE
Hoke County Schools

Lonnie Cockerham Guilford
Executive Director, Office of Community Engagement
North Carolina A&T State University

Allyson Colaco Mecklenburg
VP, Customer and Applicant Experience
E4E Relief

Veronica Creech Wake
VP Economic Development and External Engagement
Saint Augustine's University

Cameron Cremeens Wake
Director, Strategic and Business Planning
Novant Health

Catherine Crosby Wake
Town Manager
Town of Apex

Christine Reed Davis Cabarrus
Associate Vice Chancellor and Dean of Students
The University of North Carolina at Charlotte

Tim Dodge Durham
Regulatory Counsel
North Carolina Electric Membership Corporation

Latasha Ellis Mecklenburg
Clinical Social Worker/ Psychosocial Coordinator
Iredell Health System

Jason Flynn Wake
Vice President, Strategic Finance, Procurement, and Supply Chain
Martin Marietta

Kristian Forslin Johnston
GIS and Survey Manager
North Carolina Railroad Company

Chakana Fowler Mecklenburg
Vice President, Senior Relationship Manager
Bank of America

Moses Fox III Mecklenburg
Executive Director, Campus Affairs
Central Piedmont Community College

Kimberly Green Iredell
Manager of Retail Banking
First Citizens Bank

Edward Hunt Robeson
Sustainable Agriculture Coordinator
The University of North Carolina at Pembroke

Sara Imhof Wake
Senior Director
North Carolina Biotechnology Center

Donyell Jones Johnston
President & Chief Executive Officer
Boys & Girls Clubs of North Central North Carolina

Jason King Pender
Senior Manager
DMJPS PLLC

Justin Kurkiewicz Wake
Vice President, Corporate Relationship Manager
PNC Bank

LaVie Leasure Guilford
Associate Dean of Arts, Humanities, and Social Sciences
Winston-Salem State University

Rachel Levy Wake
Executive Director, Data Science Academy
North Carolina State University

Jade Manley Wake
Manager, Community Relations
Fidelity Investments

Prudencio Martinez-Mengel IV Lenoir
Workforce Development Coordinator
Lenoir Community College

Ryan McAward Wake
Principal Strategy & Planning Manager
Duke Energy

Christina McNally Catawba
Chief Strategy Officer
Carolina Caring

Carmella Melton Durham
AVP, Head of Internal Communications & Employment Brand
Blue Cross and Blue Shield of North Carolina

Randy Mirador Wake
Director, ITGRC
Blue Cross and Blue Shield of North Carolina

Jeremy Moseley Forsyth
Associate Vice President, FaithHealth Division
Atrium Health Wake Forest Baptist

Allison Owen Wake
Deputy Director, Office of Rural Health
North Carolina Department of Health and Human Services

Kelly Perry Wake
Assistant General Counsel - Global Legal Initiatives
SAS Institute Inc.

Julie Roper Gaston
Economic Development and External Affairs Manager
Dominion Energy

Candice Roth Mecklenburg
Assistant Vice President
Atrium Health / Levine Cancer Institute

Ashley Ruffin Wake
Chief Administrative Officer
Local Government Federal Credit Union

Dawn Russell Wake
Downtown Development Manager & Main Street Director, Town of Fuquay-Varina
Executive Director, Fuquay-Varina Downtown Association

Cynthia Satterfield Durham
State Director
Sierra Club-North Carolina

Lisa Sheppard Mecklenburg
Lead Operational Risk Officer
Wells Fargo

Lisa Shock Wake
Vice President Clinical Services
UnitedHealthcare

Kathie Sidner Wake
Director of Military Partnerships
University of North Carolina System Office

Rachel Smith Columbus
Principal
Whiteville City Schools

Malenia Swinton Durham
Vice President of Community Engagement
Youth Mentoring Collaborative

Sarah Tomlinson Durham
State Dental Director
North Carolina Department of Health and Human Services

Michael Walker Guilford
Regional Director - External Affairs
AT&T

Jason Walls Buncombe
Director, West Region Government and Community Relations
Duke Energy

Tracy Webb Johnston
Regional Trainer/Content Developer
North Carolina Department of Health and Human Services
State Human Resources Commissioner (SHRC)

Frank Williams Brunswick
President
Pioneer Strategies

Miles Wobbleton Wake
Associate
Smith, Anderson, Blount, Dorsett, Mitchell & Jernigan, LLP

Deborah Wojcik Orange
Executive Director
Research Triangle Cleantech Cluster

Learning Team Assignments

You have each been assigned to a Learning Team for the program year. Each session will offer opportunities for small-group work, simulations, and dialogue with your Learning Team members as well as with other LNC classmates. During Orientation you will start getting to know your team members, and you will be invited to choose a name and a Navigator for your Learning Team.

Team 1

Natasha Austin
Dana Chavis
Christine Reed Davis
Jason Flynn
Carmella Melton
Jeremy Moseley
Sarah Tomlinson

Team 2

Bahby Banks
Latasha Ellis
Justin Kurkiewicz
Christina McNally
Dawn Russell
Frank Williams

Team 3

Katy Crosby
Moses Fox
Kim Green
Julie Roper
Miles Wobbleton
Deb Wojcik

Team 4

LaVie Leasure
Prudencio Martinez-Mengel
Cynthia Satterfield
Lisa Shock
Malenia Swinton
Jason Walls

Team 5

Monica Carpenter
Allyson Colaco
DJ Jones
Allison Owen
Kelly Perry
Mike Walker

Team 6

Crystal Adams
Ryan McAward
Randy Mirador
Lisa Sheppard
Rachel Smith
Tracy Webb

Team 7

Lonnie Cockerham
Cameron Cremeens
Ed Hunt
Sara Imhof
Candice Roth
Ashley Ruffin

Team 8

Amanda Bryant
Veronica Creech
Tim Dodge
Chakana Fowler
Jason King
Ray Levy

Team 9

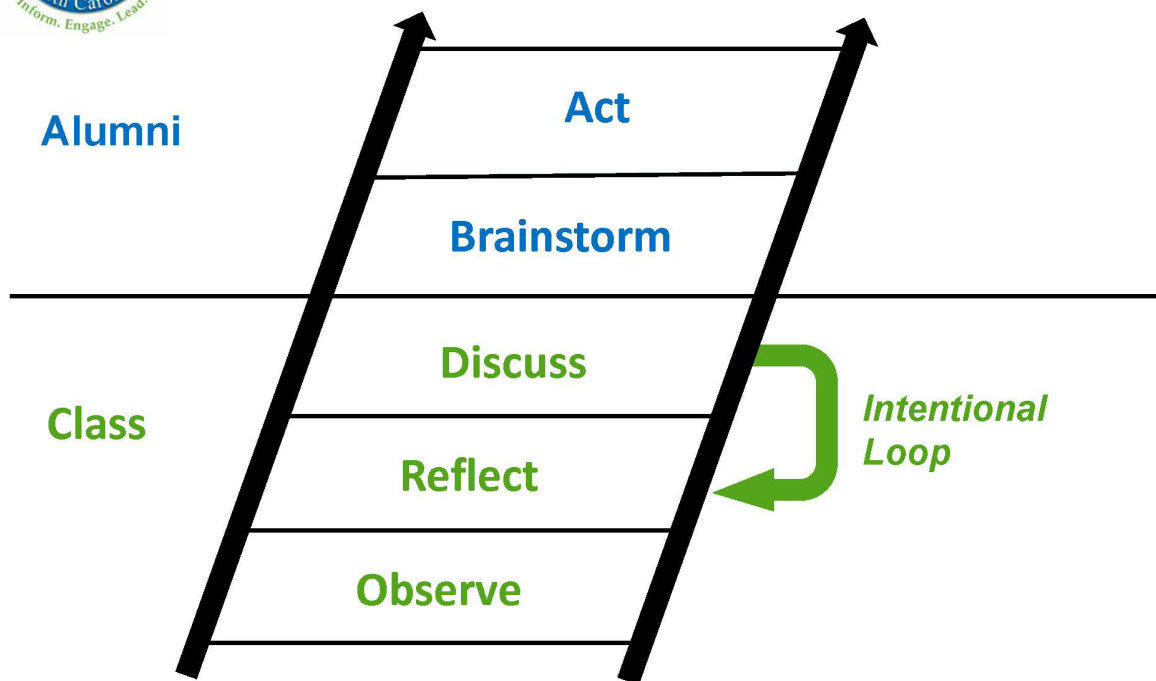
Ron Barnes
Quynh Bowman
Erin Brewer
Kristian Forslin
Jade Manley
Kathie Sidner

LNC Learning Model and Guiding Principles

During “The LNC Approach to Learning,” Dr. Kristy Teskey will refer to the LNC Learning Model and Guiding Principles. Both are included below and also available through [this link](#).



LNC Learning Model



LNC Learning Model Guiding Principles

- What personal history am I bringing to the conversations?
- What are my biases?
- What do I already think?
- Am I only hearing the things that reinforce what I already think?