



# SPARK SESSIONS

Grab a snack and join us for a Spark Session!

**REUNION SPEED NETWORKING 2:15 - 2:45  
WITH ADAM GREENBERG - KING SEJONG**



GET TO KNOW YOUR NCURA COLLEAGUES OR GET TO KNOW THEM AGAIN SINCE IT HAS BEEN SO LONG SINCE WE HAVE SEEN EACH OTHER IN PERSON. COME HANG OUT FOR A FEW MINUTES AND PLAY ADAM'S FAMOUS SPEED NETWORKING GAME!

**ASK AN NCURA REGION II OFFICER 2:15 - 2:45  
WITH GABI ANGLON - KNOWLES**



INTERESTED IN RUNNING TO BE AN NCURA OFFICER FOR REGION II OR JUST INTERESTED IN VOLUNTEERING FOR THE REGION IN SOME CAPACITY? PLEASE JOIN SOME CURRENT REGION II OFFICERS AND LEARN ABOUT HOW MUCH FUN IT IS TO GET INVOLVED WITH VOLUNTEERING FOR REGION II!

**MENTOR ME Q & A WITH MAGUI CARDONA 3:15 - 3:45 -  
KNOWLES**



THE MENTOR ME PROGRAM PROVIDES A ONE-ON-ONE, TARGETED APPROACH TO LEARNING ABOUT THE FIELD OF RESEARCH ADMINISTRATION AND NCURA. THE PROGRAM MATCHES A MENTEE WITH A MENTOR WHO HAS COMPLEMENTARY SKILLS, BACKGROUND, AND EXPERIENCE TO ASSIST THEM IN IDENTIFYING LEADERSHIP AND PROFESSIONAL DEVELOPMENT GOALS AND OBJECTIVES. DON'T MISS OUT ON THIS OPPORTUNITY TO LEARN MORE ABOUT THIS GREAT PROGRAM!

**A DOODLE A DAY WITH EBONY PHILLIPS 3:15 - 3:45 -  
KING SEJONG**



UNWINDING FROM OUR DAILY ACTIVITIES IS ESSENTIAL FOR SUSTAINING HEALTH AND WELL-BEING. YET, PEOPLE STRUGGLE TO DISCONNECT FROM THE STRESSORS THAT RUN THEM RAGGED. RECOVERY IS THE PROCESS OF REPAIRING SYMPTOMS OF STRESS. UNLEASH YOUR INNER CHILD TO LEARN HOW THE ACT OF DOODLING CAN AID IN RECOVERY AND HELP YOU REACH A STATE OF REST.