



LiveNFK

Norfolk's Summer Career Launch 2018



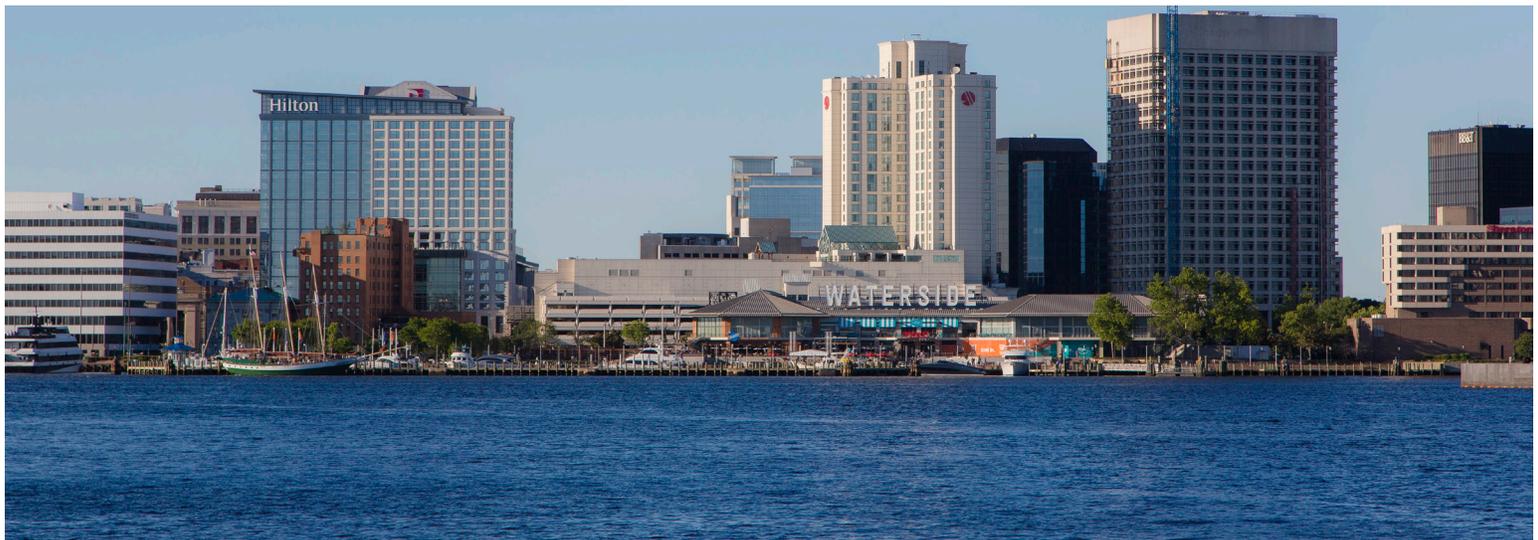
Presented By



welcome to LiveNFK

LiveNFK is a program designed to bring together corporate interns and summer associates to network, experience Norfolk and develop professionally.

As part of an ongoing effort to attract and retain talented young professionals to Norfolk and the region, the City of Norfolk, Downtown Norfolk Council and Greater Norfolk Corporation are collaborating to provide a variety of events over the summer for LiveNFK participants to connect with one another and better understand and experience first hand what makes Norfolk a great place to live, work, and play.



about NORFOLK

NORFOLK, VA Located in the heart of Hampton Roads, Norfolk, Virginia, borders the Chesapeake Bay and Elizabeth River and has long been known as home of the world's largest naval base. Norfolk is now rapidly emerging as an ideal location for private-sector businesses to thrive. In the last year alone, close to 3,000 new jobs were announced. Norfolk offers the opportunity for young professionals to both work and play without stepping foot in a car, with a mix of commercial and residential buildings in the downtown area. Or, if you prefer to keep your work and personal life separate, there are many beautiful places to live outside of downtown, from beach front properties in the Ocean View neighborhood to historic streets in the Ghent and Chelsea areas of town. The City of Norfolk is continuing to undergo extensive revitalization efforts, and is gaining popularity among businesses looking to relocate or expand, as well as young professionals seeking to advance their careers.



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LiveNFK | schedule of events



Wednesday, June 6th

5:30 - 7:00 pm | *ICON - 321 E. Main St., 2nd Floor*

LAUNCH PARTY AT ICON NORFOLK

Built in 1967 at the height of the city's flourishing banking industry, ICON Norfolk has been newly re-imagined and reborn. Join us for an evening of socializing as we kick-off summer 2018.



Thursday, June 7th

12:00 - 1:00 pm | *Decker Half Moone Center - 1 Waterside Dr.*

WELCOME LUNCHEON

The City of Norfolk will officially welcome you to our great city! Over lunch, we will share insight into what makes Norfolk an award-winning city and a great place to start your career.



Tuesday, June 12th

8:00 - 9:00 am | *150 W. Main St. Suite 1200*

VOLUNTEERISM SEMINAR

In this breakfast seminar, Melissa Reese, Director of Development with [VOLUNTEER Hampton Roads](#), will discuss the value and importance of volunteerism and explain how it can also help you develop in your professional career.

Sponsored By: [Wall, Einhorn & Chernitzer](#)



Thursday, June 14th

5:30 - 7:30 pm | *Downtown and Brick Anchor Brew-House*

DOWNTOWN SCAVENGER HUNT

Channel your inner Sherlock Holmes while competing for prizes and glory by taking pictures of what we love about Downtown Norfolk. The hunt will end at Brick Anchor Brew-House for appetizers and to declare the winners.



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Tuesday, June 19th

5:30 - 7:30 pm | *PUSH Comedy - 763 Granby St.*

IMPROV LEADERSHIP EVENING AT PUSH

Share an evening honing your leadership skills with improvisational comedy training. The comedic team from PUSH Comedy will share how key elements of improv comedy can strengthen, improve, and enhance anyone's leadership skills.

Sponsored By: [Dixon Hughes Goodman](#)



Friday, June 22nd

8:00 - 9:00 am | *150 W. Main St. 21st Floor*

YOUNG PROFESSIONALS FINANCE SEMINAR

In this seminar, learn financial tips to assist you in the real world! From budgeting, to renters insurance, paying down student loans and more, we will cover a variety of topics to set you up for financial success!

Sponsored By: [Wilbanks, Smith and Thomas](#)



Tuesday, June 26th

5:30 - 7:00 pm | *Waterside District - 333 Waterside Dr.*

EXPLORE THE ELIZABETH RIVER TRAIL & BENCHTOP BREWING CO.

Bike the [Elizabeth River Trail](#), a nine-mile path that showcases what makes Norfolk so dynamic - the water, diverse neighborhoods and a variety of economic generators. After, stop for a cold one at Benchtop Brewing Co.



Thursday, June 28th

8:00 - 9:00 am | *Capital Group - 5300 Robin Hood Rd.*

SUCCESS IN THE WORKPLACE PANEL

Our panel of professionals will share practical tips and advice they wish they knew when entering the workforce in this breakfast panel discussion. Come prepared to learn best practices to set you up for success in the workplace!

Sponsored By: [Capital Group](#)



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Tuesday, July 10th

5:30 - 7:30 pm | Admirals Landing Portsmouth

TRANSFORMING THE ELIZABETH RIVER

From a conversation around a kitchen table in 1991, a grass roots effort was born to clean up the Elizabeth River. Once one of the most polluted rivers on the Chesapeake Bay, the Elizabeth River is celebrating the return of sea horses and river otters. Hear more about how the Elizabeth River is being transformed from Marjorie Mayfield, the CEO of the Elizabeth River Project and enjoy a cold one at Legends Brewing.



Wednesday, July 11th

5:30 - 7:30 pm | Nauticus - 1 Waterside Dr.

SAILING REGATTA AT SAIL NAUTICUS

Norfolk's bay front and waterways are one of the best kept secrets of the region. Experience the beautiful Elizabeth River first hand through an evening sailing with instructors from [Sail Nauticus](#). No experience necessary!



Monday, July 16th

12:00 - 1:00 pm | TowneBank Board Room, 109 E. Main St.

REINVENT HAMPTON ROADS

Jim Spore, President and CEO of ReInvent Hampton Roads, will highlight the work being done in our region to improve the economic profile, attract new entrepreneurs and innovative industries, and high-paying employment opportunities.



Wednesday, July 18th

6:00 - 8:30 pm | American Rover - 333 Waterside Dr.

SUNSET CRUISE ON THE AMERICAN ROVER

Set sail for an authentic boat trip on the Schooner [American Rover](#) down Norfolk's crown jewel, the Elizabeth River. There's no better way to see downtown than while enjoying music from the deck of a tall ship as the sun sets on the water.



LiveNFK | schedule of events



Thursday, July 19th

12:00 - 1:00 pm | 101 W. Main St. - 500 World Trade Center

THE PORT OF VIRGINIA - BRIEFING

John Reinhart, CEO & Executive Director of the Virginia Port Authority, will provide an overview of The Port of Virginia, an economic engine for the region and the Commonwealth that provides more than 374,000 jobs and generates more than \$60 billion in total economic impact.

Sponsored By: [Vandeventer Black LLP](#)



Monday, July 23rd

12:00 - 1:00 pm | Selden Market - 208 E. Main St.

YOUNG ENTREPRENEURS PANEL

Norfolk is home to a growing number of successful young entrepreneurs. Three of Norfolk's rising stars, including Sarah Beth Cowherd, Founder of Vessel Craft Coffee and Tara Ramsey, President of Instant Systems, will share the path that led them to become entrepreneurs and about the importance of being open to the possibilities.



Wednesday, July 25th

5:30 - 7:30 pm | The Waterside District

END OF SUMMER BLAST @ THE WATERSIDE DISTRICT

You made it! Celebrate your summer of professional accomplishments at the Waterside District with breathtaking views of the Elizabeth River.

COME EXPLORE NORFOLK

As you can see, Norfolk has a wide range of leisure activities and networking opportunities to enjoy. You can start the day by exploring the trails along the Elizabeth River by bike, grab lunch at one of the many chef-inspired restaurants on Granby Street, and end the day relaxing at a Tides baseball game or enjoying a craft beer at one of the local breweries.

Moving around town is never difficult in Norfolk because of the many different transportation options. The Tide, Norfolk's light rail train, extends more than seven miles through downtown Norfolk and to Virginia Beach. Downtown Norfolk is pedestrian friendly, and driving your own vehicle is always an option, as traffic is relatively light and there is ample parking. With our new Pace Bike Share program, Norfolk is even more bike friendly as well!

A young professional's money can go far here in Norfolk; the low cost of living means you can enjoy dining and playing while still saving a good portion of your income. There is a thriving environment of civic involvement, with many professional and volunteer organizations where you can meet other like-minded individuals. Start your career in a growing, exciting, and beautiful city. Come see what Norfolk has to offer!



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experience LiveNFK

The LiveNFK Team is excited to offer this year's program to Summer Interns and Summer Associates in Norfolk. Norfolk is a truly unique city offering many diverse activities and attractions to suit the interests of individuals. Whether you prefer to enjoy the outdoors while sailing or kayaking on the Chesapeake Bay or biking on the Elizabeth River Trail, immerse yourself in culture by visiting museums like Nauticus or the Chrysler Museum of Art, or enjoy a night out on the town at a trendy restaurant or lounge, Norfolk can fit most any lifestyle.

We hope program participants get a true flavor of the city while participating, while also developing professionally and making lasting connections with peers along the way. Welcome to LiveNFK!

REGISTRATION

Companies can register online by visiting <http://www.downtownnorfolk.org/business/livenfkcareerlaunch> or contact Susan Epley at sepley@downtownnorfolk.org for more information. Limited spots are available.

A registration link for each of the program's events will be emailed to the program participants a couple weeks prior to the event. Please only register if you plan on attending so that we can plan accordingly. If you find you are unable to attend as the event draws near or need further event details, please contact Renee Faller at rfaller@downtownnorfolk.org.

Email is our main communication platform for the program, so please be sure we have correct email addresses that are checked regularly.

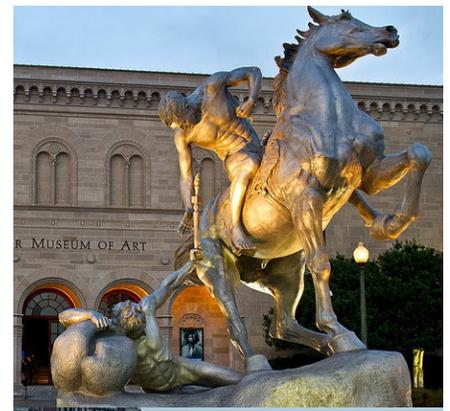
GET SOCIAL!

We'd love to experience LiveNFK through your eyes! If you post pictures of program events on social media, please use the hash tag **#LiveNFK**.

Join our Facebook group for up to date information on events and to connect with fellow participants: <https://www.facebook.com/groups/LIVENFK/>.

SPONSORSHIP

If you or your business are interested in supporting our mission to attract and retain talented young professionals to Norfolk and the region, please contact our sponsorship coordinator, Noel Gramlich (ngramlich@downtownnorfolk.org), for more information on becoming a LiveNFK event or program sponsor.



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Program Sponsors



Event Sponsors



learn more at downtownnorfolk.org/business/livenfkcareerlaunch



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