



Live NFK Norfolk's Summer Career Launch 2019



Photo credit: Steve Early/The Virginian-Pilot

Presented By





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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. 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 Ocean View to historic streets in Ghent and Chelsea. 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.

live | work | play | LiveNFK

LiveNFK | schedule of events



Tuesday, June 4th

5:30 - 7:00 pm | *Decker Half Moone Center, 1 Waterside Dr.*

LAUNCH PARTY

The Peter G. Decker Half Moone Center is Norfolk's iconic waterfront venue. Perched along the Elizabeth River with extravagant, sweeping views of both the waterfront and the metro skyline, the Decker Half Moone Center is certain to leave a lasting impression.



Wednesday, June 5th

12:00 - 1:00 pm | *Slover Library, 223 E. Plume St., 6th Floor*

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 11th

Noon - 1:00 pm | *Town Point Center, 150 Boush St.*

VOLUNTEERISM SEMINAR

For this session, a panel of downtown volunteers will offer insight as to the reward of giving back and serving the community. As an additional session, summer interns and associates will have an opportunity to provide volunteer support for the Elizabeth River Trail as a special LiveNFK initiative.

Sponsored By: [BDO](#)



Friday, June 14th

8:00 - 9:00 am | *Trader Interactive, 999 Waterside Dr.*

MORNING POWER HOUR

This session is fun and engaging as participants will have the chance to spend five minutes with seven of Trader's leadership stars. Think speed dating meets corporate networking. Trader Interactive reaches over 7 million unique visitors through the online marketplaces and powers thousands of dealer websites.

Sponsored By: [Trader Interactive](#)

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Tuesday, June 18th

Noon - 1:00 pm | SunTrust Building, 150 W. Main St, #1200

YOUNG PROFESSIONALS FINANCE SEMINAR

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

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



Thursday, June 20th

6:00 - 7:00 pm | Wells Theatre, 108 E. Tazewell St.

ARTS IN DOWNTOWN NORFOLK

For this evening event, participants will get an inside look at what makes the arts in Downtown such an important and vital cultural amenity. Light hors d'oeuvres and beverages will be provided along with a backstage tour of the historic Wells Theatre, home to the Virginia Stage Company.



Monday, June 24th

6:00 - 7:00 pm | Elizabeth River Trail, Plum Point Park

ELIZABETH RIVER TRAIL VOLUNTEER EVENT

As learned from a previous session, volunteering within the community has such rich and fulfilling rewards for everyone. Take this session to connect with other interns and associates as you build personal and community relationships through giving of your time.



Thursday, June 27th

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

SUCCESS IN THE WORKPLACE PANEL

Presented by Capital Group's NextGen D&I Community, our panel of professionals will share practical tips and advice they wish they'd known when entering the workforce in this breakfast panel discussion. Come prepared to learn best practices to set you up for success in the workplace!

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LiveNFK | schedule of events



Wednesday, July 10th

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

SAILING REGATTA AT SAIL NAUTICUS

Norfolk's bay front and waterways are some of the best kept secrets of the region. Experience the beautiful Elizabeth River firsthand through an evening sailing with instructors from Sail Nauticus. No experience necessary!



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Noon - 1:00 pm | *MacArthur Center, 300 Monticello Ave.*

ENTREPRENEURS PANEL

Norfolk is home to a growing number of successful young entrepreneurs. Take this afternoon session to have a conversation with the driving forces behind Downtown's economic strategy and find how nurturing and mentoring new entrepreneurs helps Downtown grow.



Tuesday, July 16th

5:30 pm *Social Barbeque* | 7:05 *Game, Harbor Park*

NORFOLK TIDES BASEBALL & SOCIAL

Join us at Harbor Park for an evening of food, fun and fast balls as the Norfolk Tides (Triple-A-Affiliate/Baltimore Orioles) take on the Rochester Red Wings (Triple-A-Affiliate/Minnesota Twins). LiveNFK interns, associates and managers will be joined by members of the Downtown 100 and community leaders for a pre-game picnic at the ballpark followed by the game.

Sponsored By: [Wilbanks Smith & Thomas](#)



Friday, July 19th

8:00 - 9:00 am | *Instant Systems, 5505 Robin Hood Rd., #A*

LEAN THINKING INTRODUCTION

LEAN is a system of continual improvement and elimination of waste. An aspect, called LEAN Thinking, is a business methodology aimed at organizing activities to eliminate waste and bring about improvements. LEAN is essentially a way of looking at things and a way of taking steps to bring the highest value to a situation.

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6:00 - 7:00 pm | NEON District, The Plot

NEON DISTRICT MURAL TOUR

This engaging walking tour will provide an inside look at the growth of Downtown's newest district, NEON, and the beautiful murals commissioned over the years. Following the tour, enjoy time at Bearded Bird Brewing for a custom-brewed local cold one.



Thursday, July 25th

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

SUNSET CRUISE ABOARD THE AMERICAN ROVER

Set sail for an authentic excursion on the Elizabeth River aboard the Schooner American Rover. There's no better way to see Downtown and share the LiveNFK experience than while enjoying music from the deck of a tall ship as the sun sets on the water.

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 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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REGISTRATION

Companies can register online by visiting downtownnorfolk.org/business/live/nfkcareerlaunch or contacting Susan Epley at 623-1757 or 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 two weeks prior to the event. Please register only if you plan on attending to allow us to 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 monitored regularly.

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Program Sponsors



Event Sponsors



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Revised: 03/22/2019

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