

MAHEC's 21st Annual Health Careers Education & Awareness Conference for High School Students

Thursday, October 29, 2020
1:00pm – 4:00pm

AGENDA AND SPEAKER PROFILES



**21st Annual
Health Careers Education & Awareness
Conference for High School Students**

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AGENDA

- 1:00 – 1:15 pm** **Opening Remarks**
Jacquelyn Hallum, MBA, MHA
MAHEC
- 1:15 – 1:50 pm** **C.A.T.C.H. (Choosing a Totally Cool Health Career)**
Bernard Roper, PhD
Wake Forest University
- 5-minute break*
- 1:55 – 2:30 pm** **Equity & Inclusion in Healthcare**
Brandy Mills, MSN, RN-BC
MAHEC
- 5-minute break*
- 2:35 – 3:10 pm** **The W.E.L.L. Life: 4 Keys to Fulfillment**
Meg Hanshaw, PhD
i.b.mee.
- 5-minute break*
- 3:15 – 3:50 pm** **You Are the Difference, That Makes the
D.I.F.F.E.R.E.N.C.E.**
Christopher McCoy
Dream Builders Communication, Inc.
- 3:50 – 4:00 pm** **Closing Remarks**
Jacquelyn Hallum, MBA, MHA
MAHEC

C.A.T.C.H. (Choosing a Totally Cool Health Career)

Bernard Roper, PhD

Wake Forest University

Aspiring to be a health professional? Become aware of diverse health career options and the healthcare workforce needs in your community. Resources to further explore health careers will be provided.



Bernard M. Roper, PhD is the Program Director for Master's Programs at the Wake Forest University Graduate School of Arts & Sciences, Biomedical Sciences Graduate Program. He is a member of the National Association of Medical Minority Educators, Inc., the Alliance for Health Professions Diversity and currently serves on the NC Health Professions Diversity Conference Planning Committee. Prior to joining the Graduate School, he was the director of the Office of Student Affairs and the Office of Student

Inclusion & Diversity. Bernard also served as the Health Careers Coordinator at the Northwest Area Health Education Center (AHEC) where he created and implemented health career programs and interventions for underrepresented and economically disadvantaged students in northwestern North Carolina. He received his Bachelor of Arts in History from Winston-Salem State University, his Master's degree in School Administration from Gardner-Webb University and his PhD in Leadership Studies from North Carolina A&T State University.

Equity & Inclusion in Healthcare

Brandy Mills, MSN, RN-BC

MAHEC

Recognizing and acknowledging our differences is what gives us the best insight on how to provide the best, unbiased, care to the populations that we serve in healthcare; however, coming to this realization does not start when you enter into the healthcare field - it start TODAY! Come have a few laughs as we “just talk” a little about how being culturally aware is just as important today as it will be when you enter into the healthcare field.



Brandy Nicole Mills is a proud Asheville-native, and has been a Registered Nurse for over 19 years. She is currently a RN Clinical Manager at MAHEC.

Brandy achieved her dream of becoming a RN in 2001 when she graduated from Winston-Salem State University. She later furthered her passion for nursing and education when she graduated with a Master of Science in Nurse Education from Western Carolina University. Brandy has been inducted in

Sigma Theta Tau International Nursing Honor's Society and Phi Kappa Phi, a multidisciplinary honor society. She is also a graduate of Asheville High School.

Brandy is a member of MAHEC's WNC Regional Advisory Committee (RAC), a local business owner of Smallcakes, a Cupcakery & Creamery located in Biltmore Park Town Square, and the founder of Woman Strong, a women's empowerment group. Her priorities in life are God first, family, then career!

Brandy continues to defy the odds by setting new standards that mandate her to step up on a daily basis. Her accomplishments have inspired many into massive action and she is humbled to be such a catalyst in her community.

Message from Brandy: Stay focused & motivated children....We need you ALL to be mighty leaders!

The W.E.L.L. Life: 4 Keys to Fulfillment

Meg Hanshaw, PhD

i.b.mee.

Thinking about what it takes to reach your full potential in school, career and life can be really stressful, especially right now in our world. Discover four important and simple principles that will set you up to feel more successful and fulfilled. Leave the session feeling more confident and inspired about your future.



Meg Hanshaw has been called an educational and wellness visionary for the 21st century, supporting all ages in understanding and living a healthy, empowered, purposeful life. Her mission is to have a profound impact on the health and education of the world by teaching and living the principles of the world's happiest and healthiest people. Through her forward-thinking practice, she researches and lectures about how the heart-brain

connection affects the development and prevention of chronic illnesses as well as how it affects our work and home systems, and especially our educational system. Through her education and experiences, Meg has developed an educational model and philosophy to not only better the health and wellness of its participants, but for them to feel empowered to live their highest and healthiest visions and have many experiences of true personal success based on intrinsic values.

Meg taught physical education and health at all levels for 20 years, then spent six years in corporate wellness where she learned the challenges individuals face in living a life of balance, authenticity, peace and happiness. She owned a peak performance business where she mastered how to provide a platform for athletes to perform at their optimal level and still lead a balanced life. She is certified Life Coach as well as a certified Wellness Inventory Coach. Meg has a master's in Exercise Science and a PhD in Curriculum and Instruction in Education. She currently oversees the day to day development of i.b.mee., an innovational educational non-profit, as well as trains in the Empowerment Education Framework and the W.E.L.L. Kids NOW® System curriculum to students, teachers and parents.

You can read more about her work at www.ibmee.org.

You Are the Difference, That Makes the D.I.F.F.E.R.E.N.C.E.

Christopher McCoy, DBC

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader." – John Quincy Adams.

In a world where young people are being influenced by social media trends and the impact of a global pandemic, it has become more difficult than ever before to guide them toward a direction of success. Dream Builders Communication, Inc. (DBC) believes that being intentional with providing youth with leadership development will allow them to achieve heights unknown and become globally competitive. This virtual session will assist in maximizing the diverse thoughts of each participant; increase their leadership potential; provide best practices for being a highly effective leader; and remind them that they are the difference, that makes the D.I.F.F.E.R.E.N.C.E..



Mr. Christopher L. McCoy is a dynamic public speaker, scholar, and trainer. A native of Rocky Mount, NC, Mr. McCoy excelled both in the classroom and at the podium. Mr. McCoy received his Bachelor of Arts in Psychology with a minor in Sociology from the University of North Carolina at Greensboro and graduated Cum Laude.

While completing his undergraduate experience, Mr. McCoy was elected to serve on the Student Government Association (SGA) for two consecutive years. During his senior year, Mr. McCoy served as the Legislative Committee Chair where his committee successfully passed 30 bills/resolutions through the Student Senate. Also during his senior year, Mr. McCoy served as the President of Growing Young Men (GYM), a student organization that strives to equip minority males and first-year students with the tools to enhance their college experience by maximizing on their leadership potential and personal growth. During his presidency, Mr. McCoy led a group of young men to not only impact his campus but also the greater Greensboro community. Mr. McCoy was also a member of the National Society of Collegiate Scholars (NSCS), the Neo-Black Society (NBS), and Sigma Alpha Lambda Leadership and Honor Society (SAL).

During graduation, Mr. McCoy served as the Student Commencement Speaker where he delivered a powerful message to over 2,000 fellow graduates. Mr. Christopher McCoy is a determined individual whose passion is to motivate others to see their true potential and inspire them to live with purpose. One quote that Mr. McCoy lives by is, "I will show up! I will see it through!"

Opening and Closing Remarks

Jacquelyn Hallum, MBA, MHA
MAHEC



Jacquelyn Hallum is the director of Health Careers and Diversity Education at MAHEC, the Minority Medical Mentoring Program and the AHEC Scholars Program. An Asheville native, she has been employed with MAHEC for 25 years. She is an experienced presenter with special interest in health equity, implicit bias, and workforce diversity and inclusion. Jacquelyn is an advocate for social justice and likes to mentor and work with marginalized youth with an interest in

health careers. She provides academic enrichment and college prep resources to help all students achieve their goals.

Jacquelyn graduated from North Carolina Agricultural & Technical State University with a degree in Business Administration and did her graduate work at Pfeiffer University where she received a dual Master's degree in Business Administration and Health Administration. Jacquelyn serves on the Buncombe County Health and Human Services Board and other committees.

**Please contact us with any questions at
HealthCareers@mahec.net**