



Workshop Descriptions

OK Ballroom A-B

Workshop Title: Riding Tall: How to Own the Stage

Time: 9:00a – 9:40a

Presenter: Carrie Miller, OK CareerTech Leadership and Professional Development Coordinator

Audience: Everyone

Description: Every great leader knows how to command a room. In this workshop, you'll learn how to wrangle nerves, capture attention, and deliver presentations that leave a lasting impact. From organizing your message to engaging your audience with confidence, you'll gain practical tips to make your "why" shine through every time you step up to present.

Workshop Title: Lassoing Opportunity: How CTSOs Change Lives

Time: 9:50a – 10:30a

Presenter: Scott Cravens, Sr. Wealth Advisor and Director at Mercer Advisors, Former Founder and Chief Operating Officer of Full Sail Capital

Audience: Everyone

Description: Every journey has a turning point—and for many, that moment starts with a CTSO. In this inspiring workshop, you'll hear real stories and discover how DECA and BPA open doors to leadership, friendships, and opportunities that last a lifetime. Explore how getting involved can shape your confidence, career path, and future success as you wrangle your why and use it to guide your next steps.

Workshop Title: Saddle Up and Serve

Time: 1:30p – 2:10p

Presenter: Kyle Jones, OK BPA Vice President, and Ainsley Gates, OK BPA Historian/Chaplain

Audience: BPA Members

Description: Leadership isn't just about skills—it's about giving back. In this workshop, you'll explore how BPA members can serve their communities in meaningful ways while developing teamwork, problem-solving, and leadership skills. Learn practical ideas for service projects, discover the rewards of making a difference, and see how giving back helps you wrangle your why and lead with purpose.

OK Ballroom C-D

Workshop Title: From Boots to Boardroom: Dressing for Impact

Time: 9:00a – 9:40a

Presenter: Jesse Demaree and Carleen Chestang, Store Managers at Men's Warehouse

Audience: Everyone

Description: Your appearance is often the first impression you make—so make it count! In this workshop, you'll learn how to dress with confidence for interviews, presentations, and professional events. From understanding appropriate attire to aligning your style with your personal brand, you'll gain practical tips to present yourself in a way that reflects your skills, your goals, and your why. Step into every room ready to impress and lead with confidence.

Workshop Title: Play Through the Ages

Time: 9:50a – 10:30a

Presenter: Katlyn Hudgins and Brittany Crane, OK CareerTech Career Development Coordinators

Audience: Everyone

Description: What if the secret to building your future career is something you've been practicing since childhood? In this session, we'll explore how play—whether through sports, video games, or creative hobbies—builds skills like problem-solving, teamwork, and adaptability that colleges and employers value. You'll discover how keeping a playful mindset throughout your lifespan can boost confidence, spark creativity, and help you succeed in school, work, and life.

Workshop Title: The Purpose Trail – Journey to Your Why

Time: 1:30p – 2:10p

Presenter: Jaisy Baker, OK BPA Secretary, Bradley Abney, OK BPA Parliamentarian, and Abigail Cook, OK BPA Reporter

Audience: BPA Members

Description: Your "why" is what drives you—and BPA is full of opportunities to help you find it. In this workshop, you'll explore how involvement in BPA can uncover your strengths, shape your goals, and help you grow as a leader. Learn how to set meaningful personal and professional objectives, take advantage of BPA experiences, and use your purpose to guide your journey toward success.

Main Ballroom

Workshop Title: Trailblazer Choices: Would You Rather Be a Leader?

Time: 9:00a – 9:40a

Presenter: Patrick Grady, Professional Speaker

Audience: Everyone

Description: This highly interactive and humorous workshop focuses on how our choices define us and the direction of our lives and our organization. Whether we are building a resume, an officer team or sharing with others the value of our mission as we recruit new members and build a legacy for our organization, our choices matter. Be prepared to laugh, participate and share ideas!

Workshop Title: High Noon: BREAKTHROUGH

Time: 9:50a – 10:30a

Presenter: Patrick Grady, Professional Speaker

Audience: Everyone

Description: This audience-involved workshop provides an opportunity to create an awareness of oneself and each other through the use of questions designed to reveal more than what superficial conversations include. It can provide insight into our personal self and assist us to find commonalities between one another that may help to create, strengthen and build close personal relationships. Communication is a skill that is important in the success of any organization. This session will help to improve working relationships to benefit the entire working environment.

Workshop Title: The Leadership Puzzle

Time: 1:30p – 2:10p

Presenter: Oklahoma University High School Leadership Conference (HSLC)

Audience: Everyone

Description: This interactive activity encourages teamwork and problem-solving by having students work in small groups to complete a jigsaw puzzle with a twist: some pieces are mixed into other groups' puzzles. The session promotes leadership, communication, negotiation, and cross team collaboration.

OK Ballroom G-H

Workshop Title: Wrangle the Rules: How to Run a Meeting

Time: 9:00a – 9:40a

Presenter: Bradley Abney, OK BPA Parliamentarian, and Elizabeth Montante, OK BPA President

Audience: BPA Chapter Officers

Description: Strong leaders know how to run a meeting that's organized, efficient, and impactful. In this workshop, you'll learn how to properly conduct a BPA meeting, understand the role of each officer, and apply parliamentary procedure with confidence. Gain practical tips for communicating, leading, and participating professionally, so every meeting you're a part of helps you wrangle your why and grow as a leader.

Workshop Title: What's Up with WSAP?

Time: 9:50a – 10:30a

Presenter: Ainsley Gates, OK BPA Reporter, and Jaisy Baker, OK BPA Secretary

Audience: BPA Members

Description: Success in WSAP competitions starts with preparation and confidence. In this workshop, you'll learn what WSAP is, explore strategies to perform at your best, and gain practical tips for competing effectively. Build the skills and mindset needed to approach competitions with confidence, focus, and purpose—wrangling your why every step of the way.

Workshop Title: Wrangle the Room: Mastering the Art of Networking

Time: 1:30p – 2:10p

Presenter: Jonathan Alakara, OK DECA VP of Hospitality, and Amandy Thammavongsa, OK DECA VP of Marketing

Audience: DECA Members

Description: Step into the arena with confidence and learn how to make every conversation count. In this interactive workshop, you'll pick up proven tips and tricks to break the ice, build authentic connections, and leave a lasting impression. From perfecting your introduction to navigating professional events with ease, you'll gain the tools to expand your network and open doors to new opportunities. Whether you're a natural talker or still finding your voice, this session will help you wrangle the room and make networking feel less intimidating—and a lot more rewarding.

OK Ballroom I-J

Workshop Title: Wanted: Future State Leaders

Time: 9:00a – 9:40a

Presenter: Abigail Cook, OK BPA Reporter, Kyle Jones, OK BPA Vice President, Harley Jones, OK BPA Vice President

Audience: BPA Members

Description: Ready to take your leadership to the next level? This workshop will guide members through the process of running for BPA State Executive Council and highlight the opportunities and responsibilities of serving. Learn how to showcase your skills, communicate your vision, and make an impact, all while discovering how your “why” can drive you to lead and inspire others.

Workshop Title: Sunset in the Dust: Finding Calm Amidst Challenge

Time: 9:50a – 10:30a

Presenter: Elizabeth Montante, OK BPA President, and Harley Johnson, OK BPA Vice President

Audience: BPA Members

Description: Your mindset shapes your journey. In this workshop, you’ll learn strategies to maintain a positive outlook and turn obstacles into opportunities for growth. Explore practical ways to face challenges with confidence, embrace learning moments, and use your “why” to stay motivated and resilient in both BPA and beyond.

Workshop Title: Saddle Up For Service: The President’s Trail

Time: 1:30p – 2:10p

Presenter: Niday Joseph, OK DECA State President, and Arleen Ramos, OK DECA Collegiate State President

Audience: DECA Chapter Presidents

Description: Leading DECA is about more than titles—it’s about service, impact, and purpose. In this workshop, DECA Presidents will explore how to guide their chapters, inspire members, and create meaningful service projects. Learn strategies for effective leadership, communication, and chapter management while discovering how to wrangle your why and lead with purpose throughout your term.

Univ. Ballroom B-C

Workshop Title: Torch Awards

Time: 9:00a – 9:40a

Presenter: Meredith Simerly, Business Communications Instructor, Northeast Technology Center – Afton Campus

Audience: BPA Advisors only

Description: Discover how the BPA Torch Awards can help your students set goals, track achievements, and be recognized for their leadership growth. This session will guide advisors through the Torch Awards system, providing practical tips on how to get started, manage submissions, and motivate students to earn recognition at the local, state, and national levels.

Univ. Ballroom B-C

Workshop Title: Adobe Express for Education

Time: 9:50a – 10:30a

Presenter: Melissa Lair, Marketing Teacher and Advisor, Putnam City High School

Audience: DECA Advisors only

Description: Discover how Adobe Express can bring a creative edge to your DECA chapter and classroom. This free tool makes it simple to design professional-quality graphics, presentations, and promotional materials—perfect for enhancing chapter marketing, event promotions, and competitive event projects. In this session, DECA advisors will explore practical applications, student-friendly features, and ways to integrate Adobe Express into chapter activities to boost engagement and creativity.

Boomer

Workshop Title: Wanted: Your DECA Why

Time: 9:00a – 9:40a

Presenter: Niday Joseph - OK DECA State President, and Briley Brundidge, OK DECA VP of Leadership

Audience: DECA Members

Description: Every DECA member has a “why”—a purpose that drives their leadership, growth, and success. In this interactive workshop, you’ll uncover your personal motivation, explore how DECA can help you achieve your goals, and learn how to use your why to guide your decisions and actions. Step into your potential, embrace your purpose, and discover how to make your mark with DECA.

Workshop Title: Postin’ on the Prairie with DECA

Time: 9:50a – 10:30a

Presenter: Amandy Thammavongsa, OK DECA VP of Marketing, and Saleha Malik, OK DECA VP of Career Development

Audience: DECA members

Description: Your story deserves to be heard—and social media is the perfect arena to share it. In this workshop, you’ll learn how to craft posts that capture attention, showcase your “why,” and engage your audience. From choosing the right platform to creating scroll-stopping content, you’ll gain practical tips to grow your personal brand and make every post count.

Sooner

Workshop Title: Boots On, Eyes Forward: Life Beyond DECA

Time: 9:00a – 9:40a

Presenter: Ilakiya Raghavendiran, OK DECA VP of Finance, Saleha Malik, OK DECA VP of Career Development, and Arleen Ramos, OK Collegiate DECA President

Audience: DECA members

Description: DECA is more than just competitions—it's preparation for life. In this workshop, discover how the skills you gain in DECA go far beyond high school, shaping your success in college, business, and leadership. From communication and problem-solving to networking and personal branding, you'll see how DECA experiences translate directly into the skills employers and universities are looking for. Walk away ready to connect your DECA journey to your future career path.

Workshop Title: Saddle Up for Competition: DECA Events 101

Time: 1:30p – 2:10p

Presenter: Briley Brundidge, OK DECA VP of Leadership, Ilakiya Raghavendiran, OK DECA VP of Finance, and Jonathan Alakara, OK DECA VP of Hospitality

Audience: DECA Members

Description: Get ready to ride into the world of DECA competitions! This workshop will introduce members to the different DECA events, explain expectations, and share strategies to perform at their best. Learn how to prepare, compete with confidence, and leverage your skills to wrangle your why while achieving success in every event.



FLC Corral



University Ballroom B & C

Workshop Title: Roundup Showdown: Board Games and Karaoke Corral

Time: 2:15p – 3:15p

Presenter: None

Audience: Everyone

Description: For just \$5, grab your all-access pass to an hour of fun at the FLC corral! Test your grit in classic board game face-offs, then take the stage to wrangle the mic and show off your superstar side on karaoke. Whether you're squaring off in friendly competition or belting out your favorite tunes, this showdown is all about connecting with fellow members, kicking back, and discovering new ways to *Wrangle Your Why* while having a blast!

COMMUNITY SERVICE

Main Ballroom

Workshop Title: The Pursuit of Happiness: Spreading Joy Through Service

Time: 2:15p – 3:15p

Presenter: None

Audience: Everyone

Description: This session will explore various community service initiatives designed to make a positive impact on the lives of others. Participants can create heartfelt cards for veterans, children in hospitals, and local shelters. You will also have the opportunity to craft uplifting videos for individuals facing challenges and take part in the "Chain of Love" service project by purchasing paper links for just \$0.25 each to support the Oklahoma Special Olympics. This session provides a chance for student members and advisors to connect and embody the spirit of giving, working together to create meaningful change in their communities!