



22nd Annual Charting Your Own Course Career Conference (CYOC)

THURSDAY, DECEMBER 8, 2022

6:30pm

MEN'S PRE-CONFERENCE RECEPTION AND DINNER

WOMEN'S PRE-CONFERENCE RECEPTION AND DINNER

FRIDAY, DECEMBER 9, 2022

CYOC FITNESS AND WELLNESS

7:30 - 8:15am

Yoga class with Luisanna

9:30 – Noon

Men's Pre-Conference

Session I – A Letter to My Younger Self: Finding Trust, Respect, and Focus

Session II – Workshop: The Five (5) Things we Should Know About Each Other

Women's Pre-Conference

Session I – A Letter to My Younger Self: Finding Trust, Respect, and Focus

Session II – Workshop: The Five (5) Things we Should Know About Each Other

22nd Annual CYOC Conference

FRIDAY, DECEMBER 9, 2022

2:00 – 3:00pm **First Time Attendee Session**

Getting the most out of the CYOC Experience (First Time Attendees)

3:15 – 4:30pm **Welcome and Keynote**

Keynote: Jemelle Hill

Emmy Award winning journalist, Jemelle Hill is the Co-founder of Lodge Freeway Media and a contributing writer for *The Atlantic*.

In April of 2019, Hill debuted a *Jemelle Hill is Unbothered* on Spotify. The two-time Webby award-winning podcast features in-depth, thought-provoking conversation with some of the biggest newsmakers across entertainment, culture, music and politics. Hill also explores topical and controversial issues with humorous, candid commentary. Previous *Unbothered* guests have included, Vice President Kamala Harris, Ava DuVernay, Common, Ice Cube, Spike Lee, Gabrielle Union, Chelsea Clinton, Dan Rather, Stephen Colbert, Issa Rae, Taraji P. Henson, and Soledad O'Brien.

Unbothered was not Hill's only contribution in the podcast. On April 15, 2020, Hill along with Van Lathan launched the podcast, *The Wire: Way Down in the Hole*. The podcast breaks down every episode on the HBO classic series. The hosts recap each show, break down signature moments, scenes, and characters.

In addition, breaking new ground as a podcaster, Hill also continued her celebrated television broadcasting career. On August 19, 2020, Hill along with her longtime friend, former ESPN anchor Cari Champion, launched a weekly, late-night show on

Vice Network called *Cari & Jemelle: Won't Stick to Sports*. The show covered politics, sports, news, current events and pop culture.

Hill also is stretching her muscles behind the camera. She is set to produce the ESPN documentary on former NFL quarterback and civil rights activist Colin Kaepernick. Hill is also currently developing a comedy series for *Showtime* with acclaimed actress Gabrielle Union.

Hill's 20-plus year journalism career has included stops at the biggest sports media network and several reputable newspapers. She originally joined ESPN in 2006 as a national columnist for espn.com. Her profile gradually rose as she began to make appearances on television, including *SportsCenter*, *First Take*, *Around the Horn*, *The Sports Reporters* and *Outside the Lines*. She



also spent a season as a sideline reporter for ESPN college football games.

- Golf and Clinic

4:30 – 5:30pm Welcome Reception

9:00pm – 1:00am School Daze at Club CYOC with DJSPNFO

SATURDAY, DECEMBER 10, 2022

CYOC FITNESS AND WELLNESS

7:30 – 8:30am

Yoga class with Luisanna

9:30 – 10:30am

ASSOCIATE WORKSHOP

Look Before You Leap

GENERAL COUNSEL WORKSHOP

You Get What You Negotiate (Inside the Negotiation): The Not So Obvious Things You Need to Know

10:45 -NOON

ASSOCIATE WORKSHOP

From Passenger to Pilot: The Path to the Options You Want (and Richly Deserve)

GENERAL COUNSEL/LAW FIRM PARTNER ROUNDTABLE

The Courage to Win with Your Own Team

1:30pm – 6:30pm

AFTERNOON RECREATION EVENTS

- Disney

8:00 -9:00pm

EVENING ENTREPRENEUR SESSION

9:30 – 11:30pm

A Night of Karaoke Featuring DJ SPYNFO

SUNDAY, DECEMBER 11, 2022

CYOC FITNESS AND WELLNESS

7:30 -8:15am

Yoga class with Luisanna

8:00 – 9:15am FULL BREAKFAST

PLENARY SESSION

9:30 – 10:30am

The Factors that gave my career Resilience

10:45 - Noon

PLENARY SESSION

Life and Career: My Personal Journey

Adjourn