



**VBA Internship Program  
Mid-Summer Meet Up  
July 11, 2023 | 10:00 a.m. – 3:00 p.m.  
Virginia Housing Center | 4224 Cox Rd, Glen Allen, VA**

**Agenda**

- I. Welcome – Monica McDearmon | VBA
- II. Leadership Lessons Learned Fireside Chat – Bruce Whitehurst, VBA, and Frank Bell, Chesapeake Bank
- III. Presentation Skills – Jamie Covey, United Bank
- IV. Capstone Project Group Check-In & Discussion with EBL
- V. Lunch with the EBL Steering Committee
- VI. EBL Panel Discussion – Moderated by Chandler Owdom | VBA  
Scott Griffin | Skyline National Bank  
Amy Mellinger | Powell Valley National Bank  
Meredith Elliott | TowneBank
- VII. Resume Workshop, Interview Skills and HR Best Practices –  
Colleen Lee and Lili Mori | C&F Bank
- VIII. Final Thoughts & Adjourn