



TRAININGPALOOZA



10:00-10:30

11:00-noon

12:30-1:30

2:00-3:00

3:30-4:30

Wednesday

KEYNOTE: EVERYONE'S A TEACHER — AND A LEARNER NPR's Noelle Silver builds on Trainingpalooza's theme — that everyone has something to teach — by discussing the important sub-theme "everyone has something to learn, too!" We can use the ups and downs of our lives and careers as teaching moments to help guide us to who we want to be. Taking time to renew our minds, take in new perspectives and perfect our craft can not only bring us more joy, but also allow us to more effectively bring our gifts to the world. **Studio 1 + remote**

HOW TO GATHER FEEDBACK FROM A GROUP Use the "Critical Response" as a facilitated dialogue. **Boardroom**

INTRODUCTION TO DESIGN THINKING This mindset encourages you to focus on the people you're creating for, leading to audience-centric products and services. **Conf A**

MAKING TIME FOR CREATIVITY Find space for creativity in your life while holding down a full-time job. **2 North + remote**

TELL YOUR CAREER STORY Your resume, LinkedIn, socials and job interviews should be more than boring information dumps. **Conf C + remote**

YOU, TOO, CAN EDIT YOUR PEERS! Colleagues can help out when editors are busy, from flagging major issues to catching typos. Note: This is for TEXT, not audio, editing. **Conf C + remote**

AGILE: WHAT DOES THAT WORD REALLY MEAN? Join an Agilist for a conversation on what Agile means and what (in her opinion) it actually is. **Boardroom + remote**

LEVERAGING DATA IN THE NEWSROOM We'll walk through specific examples of how data and analytics tools can be used to optimize your story performance. **Conf A + remote**

KEYNOTE: MANAGE YOUR NERVES, GRAB YOUR AUDIENCE Control your anxiety and connect with people to convey a powerful message as a public speaker. *Dr. Peter Frecknall, psychologist and professor* **Studio 1 + remote**

COURT RECORDS: FIND DOCUMENTS AND TRACK CASES An overview of the U.S. court system, and how to search for and follow cases using PACER, PacerPro and RSS feeds. **Conf B + remote**

BEEKEEPING BASICS Ever think about keeping bees in your backyard or roof? Find out what it takes. **Conf C + remote**

WRITE YOUR PERSONAL STORY Jump-start your next (or first!) personal essay in this interactive workshop. **Boardroom + remote**

HEALTHY VOICE IN COLD AND FLU SEASON Keep your on-air voice healthy with these techniques. **Conf A + remote**

FUNDAMENTALS OF ARTISAN BREAD Learn to craft a gorgeous sourdough loaf at home. Also: samples! **3rd floor kitchen by the "market"**

BEGINNER BIKE MAINTENANCE Get comfortable fixing your own bike, including brakes, tires, chain and shifters. **Studio 1**

Thursday

RECORD A BILLBOARD! Drop in before **11 a.m.** and record your very own billboard — a show's intro — just like a real host! **SOP 38**

FYI

GIVEAWAYS

One ticket per session; three drawings per day.

#TRAININGPALOOZA
Official Slack channel.

N.PR/TRAININGPALOOZA
Full schedule.

GOTOMEETING INFO

Links and dial-in #s are on the Intranet calendar.

LISTENING SESSION: FAVORITES OF THE 2010S Discuss stand-out stories of the past decade. **Conf B + remote**

SCORING FOR AUDIO PRODUCTION Pick music to enhance content (tone, rhythm, mood) for podcasts and more. **Conf C + remote**

INTRO TO EXCEL FOR REPORTERS Sort and filter data and calculate numbers that will give your story that extra oomph. **3 North + remote**

MEAL PLANNING STRATEGIES Tips and tricks for planning, cooking and sticking to a plan for weekly dinners. **2 North**

KEYNOTE: MINDFULNESS AT WORK Learn about the real, measurable effects of mindfulness — mental and emotional exercise — on health and well-being in the workplace, and develop techniques to apply this scientifically validated practice that improves communication, balances decision-making of all kinds, and decreases feelings of stress in the body. *Kim Weeks, yoga and wellness coach* **Studio 1 + remote**

FINDING ARCHIVAL AUDIO Tips on tracking down audio from NPR's archive and external sources. **Conf A + remote**

ACQUIRING DATASETS FOR NEWS REPORTING How to gather large amounts of fine-grained data, like APIs and web scraping. **Conf B + remote**

GREAT PHOTOS AND VIDEOS WITH A PHONE In this hands-on workshop, we'll talk about good visuals and how to capture them. Bring your device! **Conf C + remote**

FLOWER ARRANGING Create a floral arrangement inspired by ikebana techniques. **3 North**

UNDERSTANDING THE VOICE ECOSYSTEM Learn how NPR thinks about voice experiences in this review of emerging trends and lessons learned. **Conf B + remote**

SOCIAL FOR SMALL TEAMS Best practices for crafting and implementing a social media strategy when you're on a tiny team. **Conf A + remote**

CHEESE AND WINE 101 No longer boring! Led by artisan cheese, or their pairing with wine. **Studio 1**

10/10/10 A combination of cardio drills, strength training and core work in three 10-minute segments. **Gym**

Friday

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TOOLS OF ENGAGEMENT What's in NPR's engagement toolbox? How should you use it to connect with your community? **Conf B + remote**

CURB THE PEOPLE-PLEASING HABIT Get through your to-do list when your inclination is to please everyone else first. **Conf C + remote**

MANAGING YOUR MANAGER Learn how to communicate effectively with your boss. **10-11 a.m.; Studio 1 + remote**

ART OF THE LONG-FORM INTERVIEW *Invisibilia* host Alix Spiegel talks about how to get subjects to open up and tell the whole story. **Conf B + remote**

FOIA The most effective ways to make a request, get a fee waiver or deal with fee requests, which exemptions the government is likely to invoke, and more. **Conf A + remote**

SOURCE DIVERSITY: ASKING THE OBVIOUS QUESTIONS Talk diversity tracking and how to get your sources to self-identify. **2 North + remote**

MONEY 101 A beginner's guide to retirement, credit cards and money nirvana. **Conf C**

KEYNOTE: HOW DOES SOUND WORK? Learn about the basic properties of sound, how our ears and brain interpret sound, what kinds of sounds we can hear (and how this changes with age) and how sounds change when we digitize them. *Dr. Rochelle Newman, Chair, Department of Hearing and Speech Sciences at the University of Maryland* **Studio 1 + remote**

AMA WITH JILL GEISLER Have a question about coaching, communication, conflict resolution, being a better ally, taking and giving feedback, etc.? Bring it to this Ask Me Anything session with management consultant Jill. **Conf A + remote**

2:00-4:00

THE POWER OF INCLUSIVE COMMUNICATION Learn key skills to enable effective communication with others with Second City Works, the improv troupe's professional development arm. **Studio 1**

4:30-6:00

WRAP-UP HAPPY HOUR Join us over drinks and snacks to share what you learned at Trainingpalooza. **Studio 1**

KEY

THEORY AND CRAFT

Perfect your art.

SKILLS AND TECHNIQUES
Wield a shiny new tool.

STAFF DEVELOPMENT
Vitamin C for career scurvy.

LIFE IMPROVEMENT
It's never too late to take up beekeeping.