

## Ascent Lunch & Learn Program

**What it is:** Once a quarter, one Ascent team will provide a one hour webinar presentation to explain who they are, what they do and how they help our customers. The ultimate goal is to help all team members learn more about our teams and solutions.

**Details:** Pizza or other catered lunch to be provided for all employees during the Lunch & Learn meeting. All employees are strongly encourage to attend one of the two Lunch & Learn sessions that will occur each quarter.

**Webinar Seats:** Please note that we have a limited number of seats for our webinar meetings. Please try to use only one conference line per location by gathering in conference rooms instead of attending from individual desks.

### The 2018-2019 Schedule:

#### Q2 2018 Lunch & Learn

**Date:** Wednesday, June 20, 2018

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What is International Freight Forwarding?

**Date:** Thursday, June 21, 2018

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What is International Freight Forwarding?

#### Q3 2018 Lunch & Learn

**Date:** Wednesday, September 19, 2018

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What is Retail Consolidation?

**Date:** Thursday, September 20, 2018

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What is Retail Consolidation?

#### Q4 2018 Lunch & Learn

**Date:** Wednesday, December 12, 2018

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What is Ascent Power?

**Date:** Thursday, December 13, 2018

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What is Ascent Power?

### Q1 2019 Lunch & Learn

**Date:** Wednesday, March 20, 2019

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** How to use social media (LinkedIn) to your benefit.

**Date:** Thursday, March 21, 2019

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** How to use social media (LinkedIn) to your benefit.

### Q2 2019 Lunch & Learn

**Date:** Wednesday, June 19, 2019

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What is Ascent Transportation Solutions (Domestic Freight Management)?

**Date:** Thursday, June 20, 2019

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What is Ascent Transportation Solutions (Domestic Freight Management)?

### Q3 2019 Lunch & Learn

**Date:** Wednesday, September 18, 2019

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What is Ascent Transportation Management (Domestic Freight Management)?

**Date:** Thursday, September 19, 2019

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What is Ascent Transportation Management (Domestic Freight Management)?

### Q4 2019 Lunch & Learn

**Date:** Wednesday, December 11, 2019

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What are the latest enhancements to PEAK?

**Date:** Thursday, December 12, 2019

**Time:** 12EST – 1 EST (11 CST – 12 CST)

**Topic:** What are the latest enhancements to PEAK?