



Click [here](#) to register online!

## 2022 Women's Conference Agenda

### FRIDAY (Feb. 4, 2022)

**4:00-5:30 pm: Check-in/Registration** (*outside the Bitterroot Room*)

5-6pm: Cocktail hour - Get To Know You Activities at 5:45 p.m. - **CASH BAR!** (*Sapphire Room*)

**6-7pm: DINNER** (*Sapphire Room*)

6:30pm: **Keynote Speaker** – Becca Skinner (*Sapphire Room*)

**7:30pm: ENJOY THE HOT SPRINGS!!!** (End of Night)

### SATURDAY (Feb. 5, 2022)

**7:30 am-8:30 am: BREAKFAST** (*Sapphire Room*)

8:30-11:45am: Morning Agenda

- 8:30-9:15 **Keynote Speaker** – Amanda Nigg (*Sapphire Room*)
- 9:20-10:00 2 Breakouts
  1. "Native Tea Time" with Mariah Gladstone (*Meadowlark Room*)
  2. "Increase your sales with a social media plan" with Aly Robins (*Ponderosa Room*)
- **10-10:15 BREAK** (*Sapphire Room*)
- 10:15-11:00 - 2 Breakouts
  1. "Women as Agents of Change: Identifying Signs and Symptoms of Mental Distress, Learning and Sharing Stress Management Tools, and Connecting with Resources" with Dr. Alison Brennan and Dr. Michelle Grocke-Dewey of MSU Extension (*Bitterroot Room*)
  2. "Visual Legacy - What are you Leaving Behind" with Tammy Copenhaver (*Ponderosa Room*)
- 11:05 - 12:00p.m. - Rural Entrepreneurship Panel (*Meadowlark Room*)
- **12-12:45p.m: LUNCH (MFU Presentation)** (*Sapphire Room*)

1-5:30 pm: Afternoon Agenda

- 1:00 pm **GROUP PHOTO!** (*Outside if possible or in the Rocky Mountain Foyer*)
- 1:00 - 2:10 pm - Full Group Networking Scavenger Hunt (*Sapphire Room*)
- **2:10 - 2:25 - BREAK** (*Sapphire Room*)

- 2:30 - 3:35 pm - Women in Agriculture Panel (*Bitterroot Room*)
- **3:35 - 4:00 pm - BREAK** (*Sapphire Room*)
- 4:00 - 4:45 pm - 2 Breakouts
  - “What is the rural ‘Brain Gain’? Who is coming, why, and how do we make the most of our new neighbors?” with Tara Mastel of MSU Extension (*Meadowlark Room*)
  - “Care Farm” with Pam Gerwe (*Ponderosa Room*)
- 4:45 - 5:30 pm - 1 Breakout
  - A breakout session with Amanda Nigg (Farm Fit Momma) of Farm Fit Training (*Bitterroot Room*)

5:30-6 pm: Cocktail hour - **CASH BAR!** (*Sapphire Room*)

**6 pm: DINNER** (*Sapphire Room*)

6:30-7:15pm: **Keynote Speaker** – Amber Smith (*Sapphire Room*)

**7:30 - ENJOY THE HOT SPRINGS!!!** (End of Night)

#### **SUNDAY (Feb. 6, 2022)**

7:30-9:30am: **Grab and Go and Goodbye Breakfast!** (*Sapphire Room*)

- Morning closeout!
- Evaluation turn-in

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*Typical to many conferences, some of the conference rooms may be chillier than others. We will do our best to work with the hotel to keep the temperatures at comfortable levels for the conference, but please bring a light jacket or warm sweater for the breakout sessions if you are worried you will be cold. There are also potential brief outdoor components as part of the networking scavenger hunt so a light jacket or sweater would also be good to have for that as well. Layers for the win! :)*

*Call Rachel or Violet at the MFU office at 406-452-6406 with any questions about the event or registering.*