

# 2024 11th Annual Women's Conference Agenda FRIDAY (Feb. 7, 2025)

2:00 pm: Pre-Conference Tour - *TBD*4:00-5:30 pm: Check-in/Registration (outside the Cutthroat Room)
5-6 pm: Cocktail hour - Networking Activities at 5:30 p.m. - CASH BAR! (Cutthroat Room)
6-7 pm: DINNER (Cutthroat Room)
6:15 p.m. Farmers Union Welcome
6:30 pm: Keynote Speaker: Kendra Joyce from Cutting Fences
7:30 pm: ENJOY THE HOT SPRINGS!!! (End of Night)
7:30 pm Get moving! Line Dance lesson

# SATURDAY (Feb. 8, 2025)

## 7:30 am-8:30 am: BREAKFAST 8:30-12pm - Morning Agenda

- 8:30-9:30 am Plenary session: Discover your leadership personality style with Allsion Kosto MSU extension
- <u>9:30-10:15 2 Breakouts (chose 1)</u>
- 1. Food RX Land to Hand (Meadowlark Room)
- 2. Understanding Farm Economics and understanding Market Reports

## 10:15-10:30

### 10:30-11:15 - 2 Breakouts (chose 1)

- 1. Being and Effective Board Member for your community, school, or coop MSU Leadership Program (Meadowlark Room)
- 2. Mobile Phone Product Photography for Food Products (hands on workshop with practice) (Grizzly Room)

11:15 – 12:00 p.m. Burnout and Stress Management with Michelle Grocke Dewey- MSU Extension (Meadowlark Room)

# 12:00- 1:20 p.m: LUNCH and Farmers Union Presentation + Special Guests & Messages (Cutthroat Room)

1-5:30 pm: Afternoon Agenda

• 1:20 pm GROUP PHOTO! (Rocky Mountain Foyer)

• 1:20-1:45 p.m. Spot the Spot: Importance of Caring for our skin in agriculture (Meadowlark Room)

### <u>1:50-2:45 pm</u>

• Far out and Waiting: What to do while waiting for the Ambulance to Arrive - Area EMS + MFU

2:45 - 3:10 pm - BREAK

### <u>3:15- 4:00 pm - 2 Breakouts</u>

- Business planning and financial management Jennifer Erickson Ag West Farm Credit
- Tractor Maintenance General Maintenance How Tos

<u>4:05 - 4:50 pm -</u> Interactive Workshop: Herb Preservation workshop: how to use your garden fresh Herbs all year long and to implement them into your home menu. (All Participants will leave with their own packets of Herbs to take home following the workshop)

• 6 pm: Cocktail hour - CASH BAR!

### 6:30 pm: DINNER (Cutthroat Room)

6:30-7:15 pm: Keynote Speaker – April Martin, Director/Effector of the Wildrose Center 7:30 - ENJOY THE HOT SPRINGS!!! (End of Night)

### SUNDAY (Feb. 6, 2022)

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

- Morning closeout!
- Evaluation turn-in