

Sowing Strength, Harvesting Leadership

A Women in Agriculture NL Workshop

Date: August 24th, 2025

Location: Marble Mountain, Steady Brook, NL

Registration:

- General Admission \$80 Members \$100 Non-Members
- Dinner only \$50 Members \$60 Non-Members



Agenda

8:00 AM	Registration & Welcome Coffee
8:45 AM	Welcome & Opening Remarks
9:20 AM	Opening Keynote – Sowing Strength
10:15 AM	Break & Networking
10:30 AM	Panel Discussion: Real Talk – Life, Leadership & the Load We Carry Balancing farm, family, stress, burnout & building support systems
10:30 AM	Break & Networking
11:30 AM	Breakout Block 1: Choose One Leadership & Confidence Building – Kelly Daynard, Farm & Food Care ON Mental Health in Agriculture – Recognizing the signs Farm Business Basics
12:15 PM	Lunch & Networking
1:15 PM	Midday Reset: Guided Meditation Wellness Session
1:30 PM	Breakout Session Block #2: Choose One Women in Agriculture Leadership – CAHRC/ Jennifer Wright Communication & Boundaries – Navigating Family/ Business Dynamics Marketing Your Farm Story – Kelly Daynard, Farm & Food Care ON
2:15 PM	Break & Networking
2:30 PM	Hands on Demonstrations – circulating indoor & outdoor
3:00 PM	Connection Circles/ Peer Discussions
3:30 PM	Closing Keynote: Harvesting Leadership
4:15 PM	Closing Remarks
4:30 PM	Optional End of Day 30-minute Chair Yoga Outside
6:30 PM	Cocktails & Dinner
7:45 PM	Keynote Speaker – My Journey Through Agriculture
8:15 PM	Closing