

## Sowing Strength, Harvesting Leadership

### A Women in Agriculture NL Workshop

Date: August 24<sup>th</sup>, 2025

Location: Marble Mountain, Steady Brook, NL

Registration: General Admission \$80 Members \$100 Non-Members

Dinner only \$50 Members \$60 Non-Members



|                 |                                                                                                                                                                                                                                                                                                                                                 |
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| <b>8:00 AM</b>  | Registration & Light Breakfast                                                                                                                                                                                                                                                                                                                  |
| <b>8:45 AM</b>  | Welcome, Drumming Circle & Opening Remarks                                                                                                                                                                                                                                                                                                      |
| <b>9:20 AM</b>  | Opening Keynote – <b>“Find Your Voice, Choose Your Path”</b>                                                                                                                                                                                                                                                                                    |
| <b>10:15 AM</b> | Break & Networking                                                                                                                                                                                                                                                                                                                              |
| <b>10:30 AM</b> | Panel Discussion: <b>Real Talk – Life, Leadership &amp; the Load We Carry</b> <ul style="list-style-type: none"><li>• Balancing farm, family, stress, burnout &amp; building support systems</li></ul>                                                                                                                                          |
| <b>11:15 AM</b> | Breakout Block 1: Choose One <ul style="list-style-type: none"><li>• <b>Leadership &amp; Confidence Building</b></li><li>• <b>Mental Health in Agriculture – Recognizing the signs</b></li><li>• <b>Business Risk Management</b></li></ul>                                                                                                      |
| <b>12:15 PM</b> | Lunch & Networking                                                                                                                                                                                                                                                                                                                              |
| <b>1:00 PM</b>  | Midday Reset: Guided Meditation Wellness Session                                                                                                                                                                                                                                                                                                |
| <b>1:15 PM</b>  | Breakout Session Block #2: Choose One <ul style="list-style-type: none"><li>• <b>Women in Agriculture Leadership</b></li><li>• <b>Communication &amp; Boundaries – Navigating Family/ Business Dynamics</b></li><li>• <b>Marketing Your Farm Story, social media, storytelling &amp; connecting with your customers authentically</b></li></ul> |
| <b>2:15 PM</b>  | Break & Networking                                                                                                                                                                                                                                                                                                                              |
| <b>2:30 PM</b>  | Hands on Demonstrations – circulating indoor & outdoor                                                                                                                                                                                                                                                                                          |
| <b>3:00 PM</b>  | Connection Circles/ Peer Discussions                                                                                                                                                                                                                                                                                                            |
| <b>3:30 PM</b>  | Closing Keynote: <b>Harvesting Leadership &amp; Imposter Syndrome</b>                                                                                                                                                                                                                                                                           |
| <b>4:15 PM</b>  | Closing Remarks                                                                                                                                                                                                                                                                                                                                 |
| <b>4:30 PM</b>  | Optional End of Day Sessions:<br>30-minute Chair Yoga Outside & Gratitude Rock Ceremony                                                                                                                                                                                                                                                         |
| <b>6:30 PM</b>  | Cocktails & Dinner                                                                                                                                                                                                                                                                                                                              |
| <b>7:45 PM</b>  | Keynote Speaker – <b>My Journey Through Agriculture</b>                                                                                                                                                                                                                                                                                         |
| <b>8:15 PM</b>  | Closing                                                                                                                                                                                                                                                                                                                                         |