

**REGISTRATION/LIGHT BREAKFAST:** 8:00 a.m. — 8:30 a.m.

**WELCOME AND COMMENTS:** 8:45 a.m.

**OPENING SESSION:** 8:45 a.m.-9:45 a.m.

## **HOW WOMEN CHANGE THE WORLD ONE FARM AT A TIME**

**Jeanne Bernick**, Growth Leader, KCoe Isom

The world is changing for the better as more women come back to their agricultural roots. We'll take a tour around the world and back home to learn from women in agriculture, how they impact their communities and what we can learn from their inspirational stories. Take home some tips and tricks on leading as a woman working in agriculture, and walk away motivated to pass knowledge to the next generation of future women leaders.



**BREAK:** 9:45 a.m.-10:00 a.m.

**BREAKOUT SESSIONS:** 10:00 a.m.-10:50 a.m. (select one)

## **ISSUES AND TRENDS IN ILLINOIS LIVESTOCK**

**Tasha Bunting**, Associate Director of Commodity and Livestock Programs, Illinois Farm Bureau

This session will feature a panel of speakers from each of the major livestock species in Illinois. Presenters will discuss issues and trends in the livestock industry impacting Illinois farmers.

## **WHEN STRESS IS MORE THAN A SEASON**

**Adrienne DeSutter**, Agriculture Wellness & Behavioral Health Consultant

Farming is one of the most beautiful and rewarding careers, but it's also one of the most dangerous and stressful. Learn why farmers rank highest in depression, anxiety, and suicide, and what we can do to help them. Let's talk about mental health, because you can make a difference!

## **EATING HEALTHY ON THE GO**

**Lia Nightingale, Ph.D.**, Assistant Professor, Nutrition, Palmer College of Chiropractic

In our fast-paced lives, nutritious food is often pushed to the side for easy, grab-and-go meals. The nourishment food provides is often an afterthought, if even a thought at all. How can we expect our children to thrive in school and activities if they are living off frozen pizza and pop tarts? Can we expect optimal health for ourselves and our loved ones if we are surviving on take-out and 'whatever I can throw together before practice' meals? As a working mother of 3 very active children, Lia is in the trenches with you. We will work together on making small, manageable changes to better fuel your family. Every plate is a new opportunity. What will yours contain?

**MID-DAY SESSION:** 11:00 a.m. — 11:50 a.m.

## **PERSONAL FINANCE 101: TAKE CHARGE OF YOUR PERSONAL FINANCES**

**Paul Stoddard**, Senior Lecturer, Department of Agricultural and Consumer Economics, University of Illinois

Learn timely tips and tricks to take charge of your personal and family finances!



**LUNCH:** 11:50 a.m. — 1:00 p.m.

**AFTERNOON SESSION:** 1:00 p.m.-1:30 p.m.

## **PLANNING FOR THE UNPLANNED**

**Joe Buhrmann**, Manager, Financial Planning Support, COUNTRY  
This session provides an engaging presentation to prepare you, your family and your farming operation if you were suddenly faced with going it alone. Learn simple planning steps to take now to be better informed and prepared for the what-ifs that life can sometimes present.

**BREAKOUT SESSIONS:** 1:40 p.m.-2:30 p.m. (select one)

## **WHAT'S THE DIFFERENCE BETWEEN BEING INVOLVED AND BEING INFLUENTIAL?**

**Ryan Whitehouse**, Associate Director of Local Government & Political Engagement, Illinois Farm Bureau

This workshop will explain the importance of relationships with elected and non-elected officials. Having a person to contact when an issue impacts your industry is vital in finding a solution. The workshop will also explore the importance of political involvement and how to get the right people elected.

## **ADDRESSING YOUR BRAND: HOW WHAT YOU WEAR TELLS YOUR STORY**

**Melissa Pepper**, President, Total Solutions

A mentor once told me, "Dress for the job you want, not for the job you have." I took her seriously, arming myself in suits and committing to have my clothes dry-cleaned and unwrinkled. Whether or not your dream job requires a suit or some comfortable yoga pants, dressing the part matters. This presentation will discuss the aspects of a personal brand including:

1. Personal Brand - Defined
2. Dressing your Brand - Attire Tips
3. Showing the World Your Brand - Networking

## **TAX PLANNING IN THE CURRENT ENVIRONMENT**

**Roberta Boarman**, Regional Vice President, Illinois FBFM

This presentation will address issues to be considered when tax planning.

**BREAK:** 2:30 p.m.-2:40 p.m.

**CLOSING SESSION:** 2:40 p.m.-3:10 p.m.

## **WOMEN CHANGING AGRICULTURE**

**Dr. Kim Kidwell**, Dean, University of Illinois

Since the beginning of civilization, women have served as the heartbeat of our agricultural systems. Women are the leaders of agricultural advancement in developing countries and are driving efforts to promote food security around the globe. Empowering these women to grow ample nutritious food where they live is an essential key to solving world hunger.

3:10 p.m.-3:30 p.m.

## **YOUR WORTH ISN'T MEASURED BY THE MARKETS**

**Adrienne DeSutter**, Behavioral Health Consultant in Agriculture Wellness

When it comes to agriculture, we prioritize our time working on the things that need the most care. Want to know what deserves the most care? YOU. Because even when the chore list is long, your worth is most valuable.

**WRAP-UP:** 3:30 p.m.-4:00 p.m.



# THANKS FOR ATTENDING!