

Session/Location	Speaker or speakers	Session Title	Session Description
Session 1 Tuesday, 3:30 p.m. Brazos C	Jennifer Ford	<i>Supervision: Protecting Work/Life Balance and Preventing Burnout</i>	Feeling burned out? Join this session to learn more about how to be thoughtful about protecting work/life balance and preventing burnout for yourself and those you lead. Whether you supervise 30 agents, or 1 county secretary, whether you want to supervise in the future or you have done it for 20 years, take time to reflect on the role of the supervisor plays in the workplace for themselves and others. We hope this session focused on communication, creating boundaries, and care leaves you with a renewed commitment to prevent burnout for yourself and those you lead.
Session 2 Tuesday, 3:30 p.m. East Texas Ballroom	Miquela Smith Lorrie Coop	<i>The Wellbeing of Extension Employees and Clientele: Past, Present, and Future</i>	In this session, participants will learn about the evolution of AgriLife Extension's work in the area of mental health and wellbeing. They will hear about Extension's newest efforts to promote wellbeing and will have the opportunity to offer feedback on the de-stressor pilot program that will launch this year. Participants will also gain knowledge about multi-dimensional wellness and complete a self-assessment of their own life balance. Finally, they will have the opportunity to hear how one District Extension Administrator supports her employee's wellness and encourages them to set healthy boundaries.
Session 3 Tuesday, 3:30 p.m. Central Texas ballroom	Laura Huebinger Arvitta Scott Tina Bryant Kristen Clark Marty Vahlenkamp	<i>Volunteers: How to Enhance and Deliver Best Practices for our Partners</i>	Agents and specialists often collaborate with trained volunteers to expand AgriLife Extension's reach. Volunteers are critical to success of programs such as Texas Master Gardeners, Texas Master Naturalists, Master Wellness Volunteers, Texas 4-H, as well as other volunteers that serve locally on program area committees, leadership advisory boards, coalitions, and other committees to guide and conduct educational programs and activities in your county. Join us for a panel discussion to gain insight from County Extension Agents who have been where you are in navigating how to best utilize volunteers. Feel free to come prepared with questions to keep the conversation engaging and relevant to you! Tuesday's session will have panelists focusing on utilizing volunteers in 4-H youth programming: Arvitta Scott, Gregg County CEA-4-H; Tina Bryant, Randall County CEA-4-H; Kristen Clark, Johnson County CEA 4-H, and Marty Vahlenkamp, Runnels County CEA-Ag.

Session 4 Tuesday, 3:30 p.m. West Texas Ballroom	David Rodriguez Stephen Biles	<i>Integrating Result Demonstrations into Programing</i>	Result Demonstrations have been an important part of Extension's educational effort since the beginning. In this session attendees will learn more on how to incorporate the information gained through demonstrations into the ongoing educational effort. They will also learn about collecting data and utilizing the data in programming.
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Session 1 Tuesday, 4:30 p.m. Brazos C	Darby Roberts	<i>Interpretation of Data Telling Your Story well</i>	<p>Texas A&M AgriLife Extension is reliant on funding from the legislature and our county governments, and as such we are dependent on being able to share our success and impact stories in an engaging and persuasive manner. Interpretation of data is a competency gap and challenge for many of us, but it is essential to the success and livelihood of our agency. Join us for an engaging session where we can reflect on a different perspective of how to approach the data we gather and create a meaningful story of impact.</p>
Session 2 Tuesday, 4:30 p.m. East Texas Ballroom	Elizabeth Schwartz	<i>Employee Assistance Program: Resources Designed to Help You</i>	<p>An introduction to Guidance Resources. The Texas A&M University System is proud to offer Work/Life Solutions to eligible employees. These programs usually offer in-person and telephonic counseling services, training, and have resources to help employees deal with all kinds of stressful issues from parenting to death of a loved one to conflicts at work.</p>
Session 3 Tuesday, 4:30 p.m. Central Texas Ballroom	John Park Diane Friend	<i>Influential Leadership: Managing Personal and Professional Change</i>	<p>This session will help Extension professionals to have more positive influence over themselves, their working relationships and their communities. We will discuss a framework for assessing our influence competencies and how this relates to our ability to manage change through transformative resilience. Bring your phone, tablet or other device to participate in the discussion.</p>
Session 4 Tuesday, 4:30 p.m. West Texas Ballroom	Cary Sims Truman Lamb Mathew March Jo Smith Aaron Low Jamie Sugg	<i>Peer to Peer Training</i>	<p>With new County Agents in agriculture/ natural resources needing training in the fundamentals of agricultural production as it relates to their specific county, tenured agents decided to provide informal, quarterly gatherings that provided basics in forage production, weed ID and control, program planning, evaluations, work/life balance, and more. These get-togethers were relaxed, non-required, and a general sharing of knowledge and experience. Interestingly as information and idea sharing occurred, both the tenured and newly hired agents benefited from the time spent together.</p>

Session/Location	Speaker or speakers	Session Title	Session Description
Session 1 Wednesday, 11:00 a.m. Brazos C	Scott Ireland	<i>Conflict Management: Key Practices for Success (Novice)</i>	Scott previously worked as a classroom teacher for over a decade. He has had the privilege to work with a diverse group of students over the years in a variety of settings. From these experiences, he has developed cultural competencies to work with diverse individuals and groups.
Session 2 Wednesday, 11:00 a.m. East Texas Ballroom	Daphne Richards	<i>Feeling Overwhelmed? You're Not Alone! An Exploration of the Seven Types of Rest</i>	"Feeling Overwhelmed? You're Not Alone! An Exploration of the Seven Types of Rest." Do you get plenty of sleep but STILL feel exhausted? Do you constantly battle fatigue, often feel overwhelmed, occasionally snap at coworkers, or even sometimes blow a gasket? Join this session to take a Personal Rest Deficit Assessment, learn about the seven types of rest (physical, sensory, mental, creative, emotional, social, and spiritual), and gain an understanding of the specific type of rest that you may need to help get your burnout under control.
Session 3 Wednesday, 11:00 a.m. Central Texas ballroom	Paul Butler Dana Tarter	<i>The Power of We...Collaboration, Strategy, Teamwork</i>	The Power of We...Collaboration, Strategy, Teamwork By leveraging program strategies such as Healthy School Recognized Campus, Master Volunteers, and working synergistically with internal and external partners, teams can work better together to expand programmatic reach. This session explores how to increase audience size in both rural and urban counties, break the barriers of control, and maximize your effectiveness within a 40-hour work week.
Session 4 Wednesday, 11:00 a.m. West Texas Ballroom	Jamie Sugg Vanessa Corriher-Olson Truman Lamb Aaron Low	<i>Program Participant Retention</i>	A small group of Ag Agents and Specialists in East Texas have worked together to build a program to address the needs of our most advanced, progressive and experienced producers. A challenge for Extension personnel is to create programming that is relevant to clientele at all levels.... from beginners to those with years of success. This program is focused on the latter; it has worked well to keep these clientele active and engaged. This model can be replicated across all disciplines.

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Session 1 Wednesday, 1:30 p.m. Brazos C	Natalie D. Knesek	<i>Prioritizing Our Own Mental Health Through Mindfulness</i>	<p>As agents we know and teach others the strategies and share the statistics, but what are we doing to take care of our own mental health? This interactive session will focus on mindfulness, stress reduction, and finding time for our own mental health. Included in this discussion is the impact of our work stress on our family and vice versa.</p>
Session 2 Wednesday, 1:30 p.m. East Texas Ballroom	Elizabeth Schwartz Judy Kurtz	<i>Retirement Planning Long-Range Perspective</i>	<p>Retiring can be a simple process with a smooth transition if you plan ahead. There are specific resources and steps available to you to help decide when the right time will be for you to consider retirement and what options are available for you to pursue when that time comes.</p>
Session 3 Wednesday, 1:30 p.m. Central Texas Ballroom	Scott Ireland	<i>Conflict Management: Key Practices for Success (Intermediate)</i>	<p>Scott previously worked as a classroom teacher for over a decade. He has had the privilege to work with a diverse group of students over the years in a variety of settings. From these experiences, he has developed cultural competencies to work with diverse individuals and groups.</p>
Session 4 Wednesday, 1:30 p.m. West Texas Ballroom	Scott Cummings Craig Rotter	<i>Community Engagement: Best Practices and Responsive Leadership</i>	<p>We will discuss and work through how community engagement can enhance issue identification and educational program development. We will fully cover all aspects of community and problem-solving strategies and practices. This should be an innovative session for most field staff.</p>

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Session 1 Wednesday, 2:45 p.m. Brazos C	Elizabeth Schwartz Judy Kurtz	<i>Retirement Planning: Let the Countdown Begin</i>	On the path to retirement, there are important steps that employees should consider and plan out so that you can meet eligibility criteria and protect the hard-earned benefits that you have accrued. This seminar will cover a number of topics designed to help prepare you for eventual retirement and prepare for your next chapter in life.
Session 2 Wednesday, 2:45 p.m. East Texas Ballroom	Julie York Craig Rotter	<i>Origins of Conflict</i>	The topic of "Managing Conflict" was selected for this session because when a person is more aware of their own personal identity, the opportunity for conflict with others is reduced. In this session, participants will increase awareness of their own personal identity as well as the origins of their biases. Participants will develop a deeper understanding of the types of bias and learn simple ways to make conscious choices to affect positive change in their lives.
Session 3 Wednesday, 2:45 p.m. Central Texas Ballroom	Michael Kuitu	<i>Hybrid and Live, Online-Only Events: Successes & Challenges</i>	Hybrid and live, online-only educational outreach is growing in commonality, particularly with extensive user adoption during the COVID-19 pandemic. Providing distance education options for Extension programming results in several advantages; however, such an approach to curriculum delivery and stakeholder interaction remains subject to improvement. This lecture will focus on successes and challenges associated with hybrid and live, online-only events--including benefits, perspectives, implementation strategies, and observed results from multiple, statewide Extension programs.
Session 4 Wednesday, 2:45 p.m. West Texas Ballroom	Laura Huebinger Brittany Martin Michael Potter Shane McLellan	<i>Volunteers: How to Enhance and Deliver Best Practices for our Partners</i>	Agents and specialists often collaborate with trained volunteers to expand AgriLife Extension's reach. Volunteers are critical to success of programs such as Texas Master Gardeners, Texas Master Naturalists, Master Wellness Volunteers, Texas 4-H, as well as other volunteers that serve locally on program area committees, leadership advisory boards, coalitions, and other committees to guide and conduct educational programs and activities in your county. Join us for a panel discussion to gain insight from County Extension Agents who have been where you are

			<p>in navigating how to best utilize volunteers. Feel free to come prepared with questions to keep the conversation engaging and relevant to you! Wednesday's session will have panelists focusing on utilizing volunteers in adult programming: Brittany Martin, Collin County CEA-FCH; Michael Potter, Montgomery CEA-Horticulture; Shane McLellan, McLennan CEA-Ag.</p>
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Session 1 Wednesday, 3:45 p.m. Brazos C	Brian Faries	<i>New Reporting System Sneak Peek</i>	Reporting our program results helps AgriLife Extension interpret our success to a vast number of stake holders, funders, and clientele. In this session we will get a sneak peek of the new reporting system that the agency will be utilizing soon.
Session 2 Wednesday, 3:45 p.m. East Texas Ballroom	Andrew B. Crocker Morgan D. Bradley	<i>Reaching All Texans Through Inclusive Extension Programming</i>	Over 3.2 million individuals in Texas identify as having a disability. Texans with disabilities may have some unique needs but they are Texans first, meaning they can benefit from AgriLife Extension's practical, applicable approach to outreach, education, and support. During this session we will discuss disability as a personal and environmental construct; diversity, equity, inclusion, and belonging; and disability terminology/language use. We will also cover key strategies for inclusive recruitment, programming, materials, resources, and support.
Session 3 Wednesday, 3:45 p.m. Central Texas Ballroom	Angela McCorkle Treye Rice	<i>It's Your Money Sneak Peek</i>	It's Your Money: Financial Education for Young Adults is a financial literacy program used to provide young adult an opportunity to assess their personal finances skills before they head out into the real world. The program uses classroom lessons followed by a capstone real-world experience . The program includes four lessons, which focus on the importance of financial well-being, investing in yourself, tracking & budgeting, and financial services. The traditional face-to-face real-world experience has been adapted to create a virtual option using an online portal. The program online portal serves as an integral part of the learning, as each participant has their own log in and completes their assigned work within the portal as directed through the lessons. The design of the portal allows the educator to track student learning by using a pre, post and follow-up survey. The data from each individual classroom can be aggregated with other teachers to be able to create reports for a particular school, school district, county, region or statewide.

Session 4 Wednesday, 3:45 p.m. West Texas Ballroom	Megan Shaffer	<i>Podcasting 101: Podcasting with a Purpose</i>	<p>The 4-H Lunchtime Ladies’ podcast was created to continue the conversation with extension professionals, regarding the growth of their 4-H programs and building their “4-H houses.” It was, and continues to be, the goal of the 4-H Lunchtime Ladies’ Podcast to educate County Extension Agents on the 4-H Grows program plan and other subjects.</p> <p>What will be covered: What is a podcast? Are you an avid listener of podcasts already, or are you just learning what that word means? During this workshop, we will break down the basics of podcasting-what it is, how to get started, and how to plan out your own show! You will walk away with the tools to be able to start your own show and reach new audiences through this innovative tool.</p>
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