

## AGENDA

# The Next Chapter of Your Farming Journey

NOV 12, 2024

### 8:00-8:45 AM – Breakfast and Registration

Start your day with a nourishing breakfast and register for an eventful day.

### 8:45-9:00 AM – Welcome Address

Prepare to be greeted with an overview of the day's agenda and the overall Forum objectives.

### 9:00-10:00 AM – First Thoughts

We set the stage for ideas and learning.

### 10:00-10:30 AM – Intermission and Energizing Activity

Recharge and engage in an activity designed to stimulate the mind and body.

### 10:30-11:15 AM – Reflection and Discovery

Participate in a structured activity – reflect on your own situation and discover what other farmers are thinking.

### 11:15 AM-12:00 PM – Industry Expert Insights

Join us for a session featuring **Terry Betker** as he talks about his personal transition journey into retirement, sharing valuable wisdom gleaned from years of experience in the field.

### 12:00-1:00 PM – Lunch

Enjoy a wholesome lunch with peers.

### 1:00-4:30 PM – All The More to You; Life and Farm Transitions

**Cynthia Beck** will lead a discussion on how to identify and resolve the thoughts, beliefs, and emotions that impact farm and life transitions. She'll share coping strategies for exploring and enjoying life after farming. Learn skills to facilitate safe and open communication among farm family members or partners.

### 4:30-5:30 PM Casual Social Hour and Networking

Unwind with refreshing beverages in a relaxed atmosphere.

### 6:00-8:00 PM – Dinner Experience

Indulge in an evening of dining and fellowship with newfound friends, enriched by stimulating conversations as guided by our hosts.

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### 7:00-8:00 AM – Energizing Breakfast

Enjoy a hearty breakfast designed to fuel you for another day of enriching activities.

### 8:00-9:00 AM – Recap and Reflections

Reflect on the previous day's discussions and prepare for another day exploring insights on transition.

### 9:00-10:00 AM – Moderated Session

Gain real-farm family insights from **Roberta Galbraith** and **Brittany Dempsey** as they share their expertise and perspectives on watching a spouse and a father make their way along the transition journey.

*Moderated by **Cynthia Beck**.*

### 10:00-10:30 AM – Interlude and Refreshment

Take a brief respite and participate in an engaging farm-themed activity.

### 10:30-11:15 AM – Hands-On Activity

Confirm what you've learned so far and listen to what other farmers are thinking.

### 11:15 AM-12:00 PM – Transition Planning

Join **Gavin Betker** for a session on transition planning, focusing on activities designed to help farm families smoothly and successfully navigate the process.

### 12:00-12:45 PM – Collaborative Working Lunch

Fuel up with a working lunch designed to facilitate collaborative discussions and idea sharing.

### 12:45-1:15 PM – Insights Exchange

Reflect on and share key working lunch takeaways.

### 1:15-2:30 PM – Envisioning Your Future

Engage in forward-thinking conversations about your aspirations and goals – and what you'll do next!

### 2:30-3:00 PM – Closing Remarks

Gather with **Backswath CEO Josée Lemoine** as she shares her final observations from two days of activities and discussions on the journey farm families take through transition into retirement.

### 3:00 PM – Farewell

We conclude our event with heartfelt gratitude and encouragement as you depart, rejuvenated and equipped to tackle the challenges ahead on your farm.

