



Centre for Organizational Governance in Agriculture

Sponsored in part by the
BC Council of Marketing Boards
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The Centre for Organizational Governance in Agriculture (“COGA”) is very pleased to provide professional development and educational programs for directors, officers, management, staff, producers, growers, and interested individuals of agricultural boards, commissions and associations of British Columbia.

Producer, Processor & Family Wellness

Monday, Dec. 12th, 2022

10:00 a.m. – 11:30 am PST
(Adults only)

OR

Wednesday, Dec. 14th, 2022

7:30 p.m. – 9:00 pm PST
(Families encouraged)

Via Zoom

Presented by

Wendy Bennett, MBA CRSP
Executive Director

AgSafe Agriculture Association

&

Kylie Bartel, MA, RCC, CCC

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About the Workshops

December 12th - Producers and processors have experienced more stress in the last 2 years than ever before. This workshop will help identify some of the signs to look for in your colleagues and yourself that indicate burnout and other mental health concerns. Once you know what to look for, we will talk about what can you do to provide support for each other and to take care of yourself.

December 14th - Families of producers and processors feel the stress and provide support to the best of their ability. We will talk about how to be supportive and how to ensure you are taking care of yourself. Nobody has to go through any mental health situations alone.

About our presenter

Wendy Bennett is the Executive Director for AgSafe Agriculture Association and has been a Health and Safety Professional for more than 25 years. She serves as a Director on two Boards whose organizations' focus is Agricultural Safety and Health both nationally and internationally. Wendy believes incorporating physical and psychological safety into daily operations is the key to reducing injuries and illness.

Wendy completed her undergrad in psychology and sociology, earned her MBA in 2018 and is finishing her Certificate in Psychological Health and Safety. She loves to share her knowledge and experience with others, teaching at both the University of Fredericton and BCIT. She volunteers with Special Olympics and is active in the gym, on the water and on the slopes.

Kylie Bartel is a Registered Clinical Counsellor who specializes in nature and equine assisted therapy. She often works in non-traditional counselling settings to help clients develop practical skills for reaching goals and increasing resiliency. Kylie has been working with farmers impacted by the floods for the past year and has her practice in Agassiz.

Registration

There are two ways to register:

1. Complete the attached registration form and scan/email to office@bccoga.ca
2. On-line at www.bccoga.ca and click on the registration link.

There is no charge for this workshop however you must register to receive the link to the presentation.

Registration closes at Noon, Friday, Dec. 9th, 2022 for December 12th presentation.

Registration closes at Noon, Tuesday, Dec. 13th, 2022 for December 14th presentation.

We look forward to seeing you there!



Della Oberhoffner, General Manager
BC Council of Marketing Boards/COGA

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