



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 pleased to provide professional development and educational programs for directors, management, staff of BC's agricultural boards, commission and associations, and the entire agriculture community of BC.

The Seasons of Stress

Thursday, January 18th, 2024

7:00 p.m. – 8:30 p.m. via Zoom

Note: There is no charge for the event, but registration is required!

Presented by

Wendy Bennett, MBA CRSP
AgSafe Agriculture Association
&
Kylie Bartel, MA, RCC, CCC



About the Workshop

The end of the year (and start of a new year) can be the most stressful time for everyone, and especially for farmers. In this presentation we will discuss some of the more common signs of stress and healthy ways to respond to these signs when presented in themselves and/or their farm family, including workers. We will also look at some ways to cope with stress on a daily basis without having to disrupt the daily rigor of farming. We will look at ways to offer resources and support when signs are observed in those around you, and how to access them for yourself.



About our presenter

Wendy Bennett is the Executive Director of 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 on Agricultural Safety and Health nationally and internationally. Wendy believes incorporating physical and psychological safety into daily operations is the key to reducing injuries and illness.

Wendy has a degree in psychology and sociology, her MBA, and an Advanced Certificate in Psychological Health and Safety in the Workplace. She loves to share her knowledge and experience with others. 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.

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, Tuesday, January 16th, 2024.

We look forward to seeing you there!



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

