

Advancing Women

{ Life Skills for Leadership ~ Women in Ag Conference }



Get to know the speakers!

1. *On a normal work day, what time do you wake up?*

G: I wake up at 4:15 on the days that I work in Toronto and 6:15 on the days I work in Guelph.

2. *What's the first thing you do after getting out of bed?*

G: I let our dog (a 5 lb Chihuahua named Reggie) outside then feed him.

3. *What is your go-to breakfast?*

G: Yogurt, a fruit (banana or orange) and coffee.

4. *How do you handle emails and social media?*

G: I have to admit I'm not active on social media (it's on my list of things to tackle). I find managing my email inbox a challenge. I get between 50 - 100 emails a day. My goal is to have no more than 20 emails in my inbox.

5. *What is your best habit?*

G: It's not so much a habit as a belief in giving back to our community.

6. *What is your worst habit?*

G: When I can't say no to a request to give back to the community and end up overextending myself.

7. *Before the day ends, what's something that you try to do for yourself?*

G: The perfect end to my day is to sit down and relax. Often it's in the same room as my husband and the dog, unless the Barrett Jackson car auction is on TV in which case they are both in the other room watching it.



Gwen Paddock

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