

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?*

L: Usually 7:00-ish.

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

L: Pamper my dog Momo with cuddles and scratches behind her ears, then take her outside.

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

L: A banana.

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

L: Try to respond in the moment when possible.

5. *What is your best habit?*

L: Pushing myself creatively.

6. *What is your worst habit?*

L: Not taking enough time for myself.

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

L: I love to make nice light meals for myself and my lovely neighbours that are close friends, I love to watch favourite TV shows (that includes River Monsters), spend lots of time with my dog Momo (she kinda rules my world), and I love to be creative and paint when I can.



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