

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?*

A: 4:30 am.

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

A: Check my Blackberry.

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

A: Protein shake on work days and eggs on the weekend.

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

A: I get an enormous amount of email but I handle much of it personally with help from two awesome support staff. As for social media, sadly I'm not very active. Though I'm on Twitter, I don't tweet, I only follow. We do have an internal Ministry Facebook page which I actively post to. I have a personal Facebook page that I'm somewhat active on.

5. *What is your best habit?*

A: I'm pretty good at sending personally written thank-you messages to people.

6. *What is your worst habit?*

A: I don't get enough sleep.

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

A: I like to quietly sit on the couch with my husband to watch TV and chat, even if only for 30 minutes before we go to bed, as a way to wind down and connect on our day.



Alanna Koch

Deputy Minister,
Saskatchewan Ministry of Agriculture
Regina, Saskatchewan