



AND



Invite You to a Workshop for Farm Families, Agribusiness Leaders, Clergy and Health Care Professionals Dealing with Farm Stress and Mental Well-being

Resilience in the Face of Change

Presented by Dennis Hoiberg

December 3, 2018

3:00 PM

Riverland Community College
Austin West Building
Room A237/240
1900 8th Avenue NW
Austin, MN 55912

December 3, 2018

7:00 PM

Riverland Community College
Austin West Building
Room A237/240
1900 8th Avenue NW
Austin, MN 55912

December 4, 2018

7:00 PM

Rochester Community
and Technical College
Heintz Center - Room HB 117
1926 College View Road E
Rochester, MN 55904

Are you in farming or agribusiness and facing challenges as a result of the economic state of agriculture? Attend this program to learn more about handling farm stress, cultivating mental well-being and building resiliency.

Resilience is your ability to bounce through the opportunities and challenges presented in your personal life, career and relationships. Your resilience directly affects your productivity, focus, energy and satisfaction. It is both an innate and learned skill that can make a difference in your ability to contribute to this world. Australian consultant Dennis Hoiberg provides real life, common sense approaches to dealing with hardship and building resilience in the face of adversity.

Offered through Riverland Community College and Minnesota Farm Bureau, this workshop has been described as a game changer by participants who have attended over the last five years.



Dennis Hoiberg is an organizational consultant from Australia with more than 35 years of experience in regional and rural communities helping them cope with change – at the personal, family, farm, business and community level. Dennis has worked with the grains industry in Australia, and agribusiness and banking companies that serve remote, regional, and rural communities throughout Australia and New Zealand. He recognizes all the struggles farmers and agribusinesses in the Midwest are facing.

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