



## Farmer Behavioral Health Workshop

*Workshop Agenda: Embassy Suites, Bloomington  
MN*

### Wednesday February 8, 2023

**12:45pm** Registration in the Hotel Foyer (lunch is on your own)

#### **All Sessions are in the Hotel Cedar Ballroom**

- 1:00pm** Workshop starts, focusing on Farmer Behavioral health aiming at assisting those working with farmers to increase understanding of:
- 1) Stress, distress, and grief.
  - 2) Personality keys when "married" to farm stress this session would also include an interactive session using a personality profile for each participant.
  - 3) The stress of men, women, and children.
  - 4) Farm behavioral health and mindset tactics.

Presenter: *Dr. Larry Tranel from Iowa State University.*

**3:00pm** Break

**3:20pm** Workshop continues

**5:00pm** Adjourn