Beginning the Journey

# Seminar 1 | Online | November 23-24, 2020

**Zoom Log In Information**

<https://umn.zoom.us/j/92738215149?pwd=R3IvdXpLT0VHNDFKUFh1MDhZU3h6UT09>

Meeting ID: 927 3821 5149

Passcode: 3g597q

Dial in option: 651-372-8299

Meeting ID: 927 3821 5149

Passcode: 941344

**Technology Back Up Plan**

* If you cannot connect to Zoom on your computer, dial into Zoom on your phone for audio using this number 651-372-8299 Meeting ID 927 3821 5149 and Passcode 941344.
* If you have technology problems call or text Christy on her cell phone - (320)429-0934.
* If there are issues with the Zoom platform, Christy will email the class and post a message in Canvas with an invitation to join a Google Hangout.

**Seminar Learning Objectives**

* Use a questioning process to establish context
* Apply questioning skills to ensure deeper understanding of an issue
* Increase my understanding of emotional intelligence to produce new awareness
* Describe the different competencies and skills of emotional intelligence
* Identify the relationship between emotional intelligence and successful performance
* Analyze my EQi results to determine a plan of action to increase my emotional intelligence
* Understand how my attitude impacts myself and others
* Describe the difference between a fixed and growth mindset
* Understand how to build the growth mindset through the practice of “yet”
* Understand the difference between outside-in and inside-out coaching.
* Practice the use of feedforward
* Practice the use of the GROW Model

**Day 1: Monday, November 23, 2020**

*Dress Code: Business Casual*

10:00 a.m. Welcome and Introductions

Olga Brouwer, Executive Director

Mike Yost, Chair, MARL Board of Directors

10:30 a.m. MARL Trivial Pursuit

11:00 a.m. Context for Leadership

Toby Spanier, Program Leader

11:40 a.m. Beginning the MARL Journey

Christy Kallevig and Toby Spanier, Program Leaders

12:10 p.m. Break to get your lunch

12:30 p.m. Breakout lunch conversations

*Use the break to get your lunch then bring it back to your*

*computer and spend the lunch hour learning about each other.*

1:15 p.m.. Break

1:30 p.m. Personal Artifacts

MARL Class XI

2:30 p.m. Break

2:45 p.m. Getting Ready for Development

Toby Spanier, Program Leader

3:45 p.m. Break

4:00 p.m. Introduction to Emotional Intelligence

Christy Kallevig, Program Leader

5:00 p.m. End of Day 1

6:00 p.m. Optional: Virtual Class XI Happy Hour

*Grab your favorite beverage and join us online for an hour of*

*games and conversation.*

**Day 2: Tuesday, November 24, 2020**

*Dress Code: Business Casual*

7:15 a.m. Optional: Coffee Talk

Bring your coffee and breakfast and enjoy conversation with other

members of Class XI.

8:00 a.m. Morning Welcome and Announcements

Olga Brouwer, Executive Director

Thom Peterson, Commissioner, MN Department of Agriculture

8:30 a.m. Exploring Your Emotional Intelligence

Christy Kallevig, Program Leader

10:00 a.m. Break

10:30 a.m. The Art of Asking Good Questions

Toby Spanier, Program Leader

11:15 a.m. Break

11:30 a.m. Tour Preparations

12:00 p.m. Minnesota Turkey Industry Update and Farm Tour

Sarah Anderson, Executive Director, Minnesota Turkey Growers

Lynette Gessell, Owner/Operator Gessell Farms

1:00 p.m. Break

1:30 p.m. Small Group Tours

Halal Meat Processing Project

Thousand Hills Beef

St. Cloud Water Treatment and Waste to Energy Facilities

2:30 p.m. Break

3:00 p.m. Debrief of tour experiences

3:45 p.m. Seminar Reflections and Updates

Olga Brouwer, Executive Director

Christy Kallevig, Program Leader

Toby Spanier, Program Leader

4:30 p.m. See you for Seminar 2 - December 16-18, 2020

*Seminar opens on December 16 at 12:30 p.m.*