



Extension Road Show Highlights

Overcoming Stressors and Challenges in Extension

- 1. Prioritize and Simplify:**
 - Focus on what matters most through prioritization, checklists, and clear goals.
 - Set boundaries for meetings, emails, and workloads to avoid overcommitment.
 - Use tools like planners, the “Four D’s” (Do, Don’t, Delegate, Delay), and intentional scheduling for deep work.
- 2. Maintain Work-Life Balance and Self-Care:**
 - Take time off, such as vacations, and disconnect from work during breaks.
 - Incorporate self-care practices like mindfulness, physical activity, and reflection.
 - Protect personal time and create a balance that supports overall well-being.
- 3. Build Strong Support Systems:**
 - Engage mentors, colleagues, and networks for collaboration and feedback.
 - Foster partnerships with people who complement your skills and strengths.
 - Share the workload and delegate responsibilities where appropriate.
- 4. Adapt and Focus on Control:**
 - Embrace flexibility and adaptability to navigate constant change.
 - Focus on what you can control and find solutions within your sphere of influence.
 - Maintain a positive outlook and seek opportunities in challenges.
- 5. Leverage Tools and Resources:**
 - Use technology and organizational systems to streamline workflows.
 - Share resources and collaborate with others to maximize efficiency.
 - Stay grounded in research and innovation to remain effective and informed.

Staying Focused on What Truly Matters

- 1. Clarity of Purpose:**
 - Understand and revisit your “why.”
 - Keep the big picture in mind and align actions with mission and vision.
 - Reflect on and refine goals regularly.
- 2. Prioritization:**
 - Focus on “big rocks” and what truly matters.
 - Develop systems for task prioritization and accountability (e.g., to-do lists, calendars).
 - Break down tasks into manageable steps and celebrate progress.
- 3. Boundaries and Balance:**
 - Set clear boundaries (e.g., saying no, avoiding unnecessary distractions, and delegating).

- Balance work and personal life; prioritize well-being.
- Take time off to recharge (e.g., vacations, stepping away from the desk).
- 4. **Connection and Collaboration:**
 - Build a network of trusted colleagues and mentors for ideation and support.
 - Communicate intentionally with teams and stakeholders.
 - Stay engaged with clientele, their needs, and best practices.
- 5. **Self-Reflection and Growth:**
 - Reflect on personal and professional impact.
 - Continuously assess needs and adapt to changes.
 - Celebrate wins, even small ones, and stay open to learning and innovation.
- 6. **Intentional Action:**
 - Be present, whether at work or home.
 - Filter activities based on alignment with goals and values.
 - Plan strategically and execute tasks with focus.
- 7. **Tools and Techniques:**
 - Use visual reminders, color-coded calendars, and checklists.
 - Create achievable goals with deadlines and track deliverables.
 - Identify and minimize distractions.
- 8. **People-Centric Values:**
 - Prioritize relationships and service to others.
 - Ensure programs add value to the community and support stakeholders' growth.
 - Focus on helping others find their spark.

What is “Thriving as an Extension Professional”

1. **Alignment and Balance:**
 - Achieve harmony between professional passions and personal life.
 - Align abilities, passions, and character with your role.
 - Maintain a balanced work-life dynamic and set boundaries to control time and energy.
2. **Relationships and Community:**
 - Build and nurture trust with clientele, peers, and stakeholders.
 - Develop strong partnerships and connections within the community.
 - Be known as a reliable, valued resource and maintain repeat engagement.
3. **Impact and Contribution:**
 - Empower others and make a meaningful difference in their lives.
 - Focus on visible impacts and outcomes that reinforce your value.
 - Share success stories and celebrate contributions to communities.
4. **Enjoyment and Growth:**
 - Find joy and satisfaction in your work.
 - Engage in continuous learning and embrace innovation.
 - Thrive by leaning into your strengths and identifying opportunities for professional growth.
5. **Recognition and Fulfillment:**
 - Feel appreciated through recognition from stakeholders, peers, and the community.
 - Experience self-satisfaction from work you're proud of.
 - Define success personally, focusing on positivity, achievement, and a sense of purpose.