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## Roadside Reflection: Preparing for the 2025 Extension Road Shows

The Road Shows are an opportunity to pause, reflect, and reconnect with the purpose behind our work.

### 1. Register and Commit

- Choose your site early. Register for one of the six Road Show locations that works best for you and your schedule.
- Plan your travel and time away. Treat this day as a professional retreat — an investment in your growth and your team's success.
- Set an intention. Ask yourself: What do I most want to gain from this experience? Write it down and bring it with you.

### 2. Reflect on Your Journey

Before attending, take a few moments to think back over the past year.

Use these questions to guide your reflection:

- What challenges or stressors have you faced in your work since last year's Road Shows?
- How have you adapted, grown, or supported others through those challenges?
- What does thriving look like for you personally and professionally?
- How have you applied ideas from the Down the Road materials — and what new practices have made a difference?
- What lessons do you want to share or hear from others?

Write a few notes or examples you can share during small group discussions.

### 3. Focus on What Truly Matters

Extension work can be full of competing demands. This is a moment to recalibrate.

- Clarify your “why.” What part of your role brings you the most fulfillment or purpose?
- Simplify your focus. Identify the top 2–3 priorities that truly move your work — and your community — forward.
- Let go of the rest. Recognize what might be draining your time or energy without creating impact.

### 4. Prepare to Engage and Connect

A strong Extension system is built on relationships and shared purpose.

- Come ready to listen and learn. Be open to new ideas, perspectives, and ways of thinking.
- Share your story. Be willing to talk about what’s worked, what hasn’t, and how you’ve grown.
- Network intentionally. Sit with new people, ask questions, and build connections beyond your usual circle.

### 5. Get Ready for Organizational Learning

This isn’t just another meeting — it’s an organizational moment for learning and alignment.

- Come with curiosity. Think about how the conference topics — challenges, focus, and thriving — connect to your daily work.
- Reflect afterward. Schedule 15 minutes the next day to jot down key takeaways and how you’ll apply them.

### 6. Action Steps Post-Road Show

After the event:

- Share one insight or commitment with your office or team.
- Revisit your notes one month later — what progress have you made?
- Keep the momentum going by using reflections and new material provided throughout the year.

**Final Thought:** Preparing for the Road Shows is about more than logistics — it’s about mindset. Show up ready to learn, connect, and reflect. The miles behind us have taught valuable lessons; the miles ahead depend on how we grow together.