

# Webinar: Managing Stress, Mental Wellness, and Compassion Fatigue for Agriculturalists

May 6, 2025



Educational Webinar

# Managing Stress, Mental Wellness, and Compassion Fatigue for Agriculturalists



**Doris Mold**Cultivating Resiliency Program Co-Lead





Tuesday, May 13, 2025



11 AM CST

Learn valuable insights into mental health and stress in agriculture.

Attendees will recognize the signs of burnout, understand the concept of compassion fatigue, and explore practical strategies to improve resilience.

Join us on May 13, 2025 at 11 am Central for the webinar, "Managing Stress, Mental Wellness, and Compassion Fatigue for Agriculturalists." This webinar will provide valuable insights into mental health and stress in agriculture as well as recognizing the signs of burnout, understanding the concept of compassion fatigue, and exploring practical strategies to improve resilience.

# Speakers

Doris Mold - Cultivating Resiliency Program Co-Lead and Annie's Project Co-CEO Monica McConkey, LPC - Rural Mental Health Specialist, Eyes on the Horizon Consulting, LLC

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