

President's Message—March 2, 2020

Wow! How did it get to be March already? The beginning of the year has been a whirlwind of activity for me and I'm sure for you as well. ESP members at both the local and national level have been busy.

In February, I had the opportunity to represent the Alpha Rho Chapter at the Extension Leadership Conference sponsored by JCEP in San Antonio. It was a great experience! I have always appreciated how much great professional development can be packed into this two-day conference. Many of this year's breakout sessions focused on employee wellness topics such as stress management, resilience, time management and how to avoid burnout. Copies of the presentations should be available soon on the [JCEP website](#). I encourage you to take a look. Next year the Extension Leadership Conference is moving to Kansas City. This will be a great opportunity for Kansas to send a big contingent to the conference! You do not have to be in an association leadership position to attend so mark your calendars for February 10-11, 2021 and plan to take part.

In other National ESP news, proposals for breakout sessions at the 2020 National ESP Conference (October 5-8) in Rochester, New York, are due on Friday, March 13. The stipend for conference presenters has been increased to \$450 so this is a great opportunity to have the cost of registration reimbursed! Learn more about submitting a conference proposal on the [ESP website](#). If you like to plan way ahead mark your calendar for the 2021 national conference October 25-28, 2021, in Savannah, Georgia.

Also in national news, ESP members have the opportunity to win up to \$75 in ESP's Elevate Extension Talk Contest for 2020. Videos should be sixty seconds or less in length and address the topic "Top Reasons to Attend the Next National Meeting." Record your Elevate Extension Talk on your cell phone or camera, then upload it using the form located on the website at <https://espnational.org/2020-Elevate-Extension-Talks/>. Deadline to upload your video is April 10, 2020. Prize money will be awarded to the top three videos.

Now, for some local ESP news. Registration is now open for the Focus on Core Competencies Workshop to be held April 16 in Salina. This program is designed for all extension agents. Topics for the day will be Managing Difficult Conversations and Making the Clock Work for You. If you've ever been involved in a difficult conversation (and we all have) or wondered how to get the most out of your work hours, you'll want to take part. Registration for ESP members is just \$10 thanks to support from an ESP Endowment Grant. Learn more and register on the [Employee Resources website](#).

Have a great March!

Jennifer Wilson
Chapter President