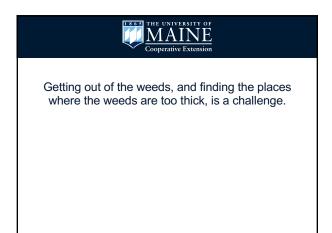
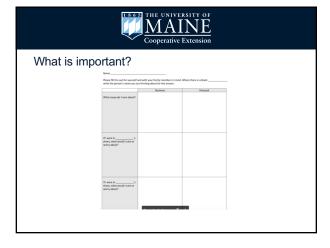


Leslie Forstadt, Ph.D.

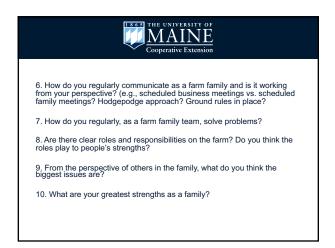




- · What's important to you?
- Have you considered your own communication style? The style of family members?
- How do your farming practices reflect your values?



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Thinking ahead
Flore reflect or these questions and write your thoughts. Use a separate sheet of speer frameds. Name: 1. What is (seef the primary insure) from your perspective?
In what ways do you work well with one another?
3. In what ways is working together a challenge?
What is your vision of what you want things to be like? What steps – large s small – might be received on make this vision happen?
5. Now day you regularly communicate with others = e.g., are you a "take action persons" direct. A bard, or day you need to process though before speaking about them? Day you losed to part about before a residentially first? Are you a "tag pottors" follower or day you ren't in the destall?





Resources

- https://extension.umaine.edu/beginning-farmerresource-network/supporting-relationships-forfarm-success/resources/
- https://extension.umaine.edu/publications/4803e
- https://extension.umaine.edu/agriculture/farmers-under-stress/



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