

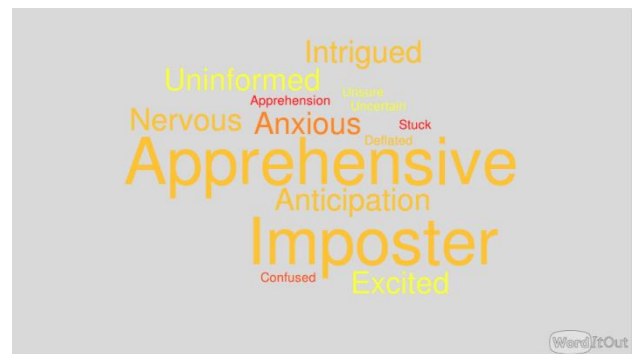
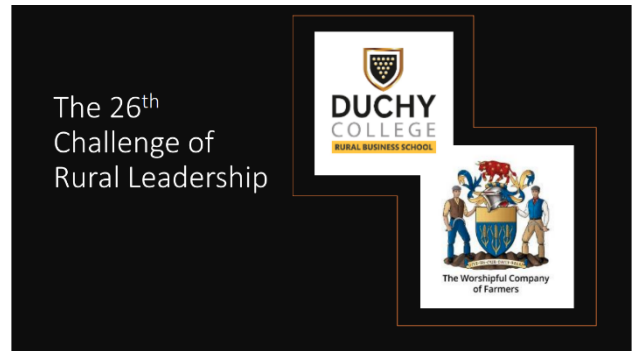
## Worshipful Company of Farmers - 26<sup>th</sup> Challenge of Rural Leadership (CRL) course

Thank you to the Worshipful Company of Farmers (WCF) for the opportunity to attend this course in January 2023. Thank you to the donors who were supportive and provided the funding; the Worshipful Company of Farmers, my employer the NFU, the Lincolnshire Agricultural Society and the Lincolnshire Worshipful Company of Farmers Alumni. I contributed financially too, feeling it important to invest in myself as others were.

The word cloud opposite provides an insight into how, we 20 delegates were feeling before arriving at Dartington Hall. I kept a brief daily log to remind me, when looking back, how I felt and what I had achieved. On the day of arrival I met Dan, one of the delegates and we headed for a fantastic walk of Dartington Estate before the course began at 445pm and finished at 10pm with a feeling of being overwhelmed.

As the days went on I loved being around 'friends' and I made myself a promise that I was going to absorb every moment.

Part way through the first week, Dan talked about a phased concept; storm, norm and form, and I could really see this developing. The course progressed with a case study, collaborative working, learning new tools and techniques, external speakers sharing their knowledge and experience and constant relationship building.



The word cloud opposite reflected our thoughts at the end of the course. I came away with a list of actions/reflections to support myself going forward which included:

- You can have real purpose as an expert
- A self limiting belief is not necessary – I need to value myself. It takes 4/5 acts of appreciation to cancel 1 negative!
- The dance floor and balcony analogy really struck with all of us. As leaders we need to spend more time on the balcony to provide direction - take the time to check yourself!
- Get out in the fresh air more

My completion of the course now gives me membership of the WCF Alumni, meaning I will be able to attend regular events and information days, as well as accessing the wider network of previous CRL attendees.

Thank you

Kelly Hewson-Fisher, National Water Resources Specialist, NFU

