

Rural Realities Podcast Season 2, Episode 9

“Cultivating Resiliency & Navigating Change” with Peggy Coffeen, Uplevel Dairy Podcast Host & Owner

Navigating change can be stressful for farmers and their families. When we think about operating a successful farm business, planning is critical. Oftentimes, those plans include change. It may be as simple as a new job responsibility or as complex as a farm transition. Peggy Coffeen, host and owner of the Uplevel Dairy podcast, discusses change with the Farm Center’s Karen Endres. They discuss preparing for change, how to respond to a change, and what can help you through a change.

Experiencing a challenge with a change on the farm? Contact the Wisconsin Farm Center! With more than 100 years of collective agriculture experience, the Wisconsin Farm Center team offers free and confidential financial and transition planning services, conflict mediation, veterinary diagnostic analysis, and more. They can be reached at 800-942-2474 or farmcenter@wisconsin.gov. More information on programs and services is available at <https://farmcenter.wi.gov>.

If you are experiencing increased stress, depression, anxiety, suicidal thoughts, or just need a welcoming ear to talk to, please contact the free and confidential 24/7 Wisconsin Farmer Wellness Helpline at 888-901-2558 for immediate support. In-person and telecounseling sessions are also available by request.