

# Advancing Women

{ Life Skills for Leadership ~ Women in Ag Conference }



## Get to know the speakers!

1. *On a normal work day, what time do you wake up?*

**J:** 5:30

2. *What's the first thing you do after getting out of bed?*

**J:** Drink a glass of lemon water and head downstairs to my basement for a workout.

3. *What is your go-to breakfast?*

**J:** Toasted ezeziel bread with avocado and a coffee.

4. *How do you handle emails and social media?*

**J:** I don't like emails to build up, so I like to tackle them first thing at the office. I'm not afraid to delete irrelevant at the time emails. Social media is handled by our wonderful social team. We talk daily to discuss responses and they make the posts. I still check all our channels every day for updates.

5. *What is your best habit?*

**J:** Ensuring I do something for myself every day. I don't feel guilty about me time.

6. *What is your worst habit?*

**J:** Looking at the clock wondering when it's going to be bedtime. I'm the worst for going to bed too early! This bad habit really limits my social life.

7. *Before the day ends, what's something that you try to do for yourself?*

**J:** Read in bed with my kids - it's my favourite way to end a crazy busy day.



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