



OUR DAY AT A GLANCE

2019 BIG RURAL BRAINSTORM: Network It!
 Network = A system of connections

NETWORKING OPPORTUNITIES

- Take the step, introduce yourself
- Enjoy your Neighbor Network
- Meet Topic Friends at the Eat-Up
- Collect contacts
- Leave with a Support Squad

HELP DESK

Confused where to go or who might have an answer to your question? Ask at the Help Desk (at the back of the room) or the registration table.

LACTATION ROOM

New mothers, there is a lactation room across the street at the city office. Go out the Sundstrom south door and enter the city hall north door. Ask for Holly's office. For questions, ask at the Help Desk or registration area.

KANSAS SAMPLER FOUNDATION

The Kansas Sampler Foundation has been hard at work since 1993 preserving and sustaining rural culture. Rural culture is defined as the combination of architecture, art, commerce, cuisine, customs, geography, history, and people. Our projects are designed to 1) help people get to know Kansas and 2) network and support rural communities. We are a 501c3 non-profit located near Inman.

9a	Warm-up Networking Round
10a	Let's Get This Started!
10:20a	What do you want from the day? Meet your Neighbor Network.
10:40a	Example of networking - Pake McNally: Become Stronger Industries
11a	First Network Confab (See topic sheet choices)
11:30a	Break
11:45a	Explaining the Extras
12p	Eat-Ups (Choose a topic table (see sheet) -- or not!)
12:45p	Touch Base with your Neighbor Network
1p	Network on Display
1:30p	Break
1:45p	THIS is how the network works
2:25p	Break, then head to your Second Network Confab
2:30p	Second Network Confab (see topic sheet)
2:55p	Break
3:10p	Neighbor Network accountability
3:25p	Wrap-up (speakers, door prizes, what's next)



GOOD STUFF TO KNOW

THE WE KAN! BANK and its STICKY NOTES

The We Kan! Bank is on the whiteboards where you can “deposit” your questions or invest with your “answers” using sticky notes. This visible inventory makes it possible for us to help each other.

1. Write something you want to know on the large sticky note starting with “I’m Asking...”. Include your name and e-mail. Those who provide answers below your question should add their name and e-mail.
2. If you have something to “invest” or offer (resource, program, contact) write “Here you go” and include your name and e-mail.

MORE STICKY NOTE WORK

We are asking you to answer these questions because there are those in the audience coming specifically to see these responses.

1. **FOR ALL:** List one to three issues that need to be addressed in your community or business. Separately, list a WIN, something that was accomplished by a specific effort.
2. **FOR POWER UPS (21 to 39s who are rural by choice):** It’s two years from now. You believed you could make anything happen in your community or business - and you did. What was it?

WANT TO DO-ALOGUE?

We will schedule Do-alogues, if there is a need. Suggest a Do-ologue topic on the Sticky Note Board and if you see one you want to attend, please add your name.

A “do-ologue” is designed to 1) bring together people seeking answers to a common topic 2) in a place that illustrates the topic 3) with people who have had success or experience. **A do-ologue is designed to lead to action, to doing.**

GIVE A LUBLY

A Lubly is a short message written to someone to recognize a kindness or offer an encouragement or a compliment. Find our oddly-shaped, colorful, open-faced cards at the Help Desk or find them with our Lubly Girl, Sarah Green. Give your finished Lubly to Sarah and she’ll make the delivery! The word “Lubly” has the same letters as the word “bully” but rearranged into something with a much more positive meaning.





MORE GOOD STUFF TO KNOW

CO-FACILITATOR

With your help, we'll make this a great day that runs smoothly and effectively. In these group discussions, no one is designated as the main facilitator so we need everyone to feel empowered to keep the group on track.

Co-facilitators

- exhibit the best traits for a networking participant (see below)
- help everyone contribute and avoid one person dominating
- help the group get started as quickly as possible
- help find chairs and manage the group with whatever adjustments are necessary
- help the group end on time

8 ELEMENTS TO BE PART OF A GREAT NETWORKING GROUP

1. Clarify topic
2. Really listen
3. Ask questions that help focus the conversation
4. Respond with brief answers to keep things flowing
5. Keep things positive or constructive
6. Encourage everyone to say something (if they wish)
7. No one should halt the brainstorm-y flow of good ideas by focusing only on their project
8. Help each other

KEEP THINGS POSITIVE

It's all about the reframe!

The Reframe Rule is in effect.

- If the discussion goes negative or talk is about what isn't working or why something can't be done, you have permission to gently Yellow Card someone.
- The Yellow Card should be tactfully displayed. Sometime people forget what they are doing so give them a smile and a constructive comment when you Yellow Card them and help ease the tension. If you get yellow carded please just thank the person for the gentle nudge.

GROUP FLEXIBILITY

- If some of your group want to stay together for an extended session, please move to a Wild Card area.
- If you want to form a group, tell the Help Center and they'll assign you a Wild Card area.
- If you find the content of a group doesn't match your expectations, get up and leave, find another group.





GLOSSARY & SPONSORS

GLOSSARY

Co-facilitator - Someone empowered to help a group have a successful discussion.

Confab - An informal discussion

Do-ologue - An experiential format that turns dialogue into action involving those interested in a common topic.

Knowledge Bank - The collection of people with valuable information that helps move things forward in a positive manner.

Lubly - A "Lubly" (same letters as in the word "bully") is a short message of encouragement.

PowerOn - Someone who is 40+, rural by choice, and a positive force in community sustainability.

PowerUp - Someone who is 21-39 and rural by choice.

Reframe - Convert negative comments or other sapping behavior into something constructive.

Spark - Someone under 21 who loves living rural.

Super Power - Someone 80+ and loving their community!

Un-conference - A participant-driven meeting.

We Kan! Bank - Deposits of needs and questions and investments of answers and solutions.

Yellow Card - A physical notice to help someone reframe.

THANK YOU, SUPPORTERS OF RURAL CULTURE!

MEADOWLARK LEVEL

- Cloud County Tourism, *Concordia*

COTTONWOOD LEVEL

- Anonymous, of *Western Kansas*
- Central Kansas Community Foundation, *Newton*
- Home Telephone Company, Inc., *Galva*
- McPherson Convention & Visitors Bureau, *McPherson*

BUFFALO LEVEL

- Abilene Convention & Visitors Bureau, *Abilene*
- Ben Moore Studio, *Manhattan*
- Jessica Schmidt, Realtor-Riggin & Company, *Haven*
- Kansas Foods, Inc., *Wilson*
- McPherson County Community Foundation, *McPherson*
- Rooks County Economic Development, *Stockton*
- Sherman County Convention & Visitors Bureau, *Goodland*
- Southern Kansas Telephone, *Clearwater*



POWER UP MOVEMENT

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Rural by Choice.

There's a lot of power in those words.

Rural.

Do you live in a community with only one grocery store or maybe a town with no stop lights? Do you love being able to drive down a country road and see where the horizon meets the ground? Are you part of your community...where they'd miss you if you were gone? Maybe you live in the country. Rural is however you define it.

Choice.

You consciously chose where to live. It wasn't by default. It wasn't because you had no other options. It wasn't because you failed elsewhere. It was your choice.

Who are we?

We are a group of people ages 21-39 who are Rural by Choice. We all come from different backgrounds, have a diverse range of jobs and interests, but one thing unites us: **we are all Rural by Choice.**

Our goal?

To create a network of people, like us, who are ages 21-39 who are Rural by Choice. We call ourselves PowerUps.

How to get involved?

This is a movement. It's organic and unlike traditional clubs or organization, it's whatever you make out of it. There are no rules or required meetings, being Rural by Choice is a lifestyle.

1. Create your own community, county or regional group.
2. Form to socialize, to make things happen in your community, or do you want to get together with other PowerUps across the state?
3. Want more discussion about this? Contact the Kansas Sampler Foundation.

FIVE PRINCIPLES

EMPOWER - Create an environment that helps PowerUps live up to their potential and live their dreams in rural Kansas.

CONNECT - Connect PowerUps online and/or face to face within communities and across the state to improve social interconnectedness.

ENGAGE - Stimulate all generations with PowerUp leadership in rural communities.

SUSTAIN - Build an inclusive network of peers to give PowerUps a collective voice on important community and statewide rural issues.

ENJOY - Help create a quality of life that is desirable to PowerUps.

FIVE CORE VALUES

Positive yet Constructive - PowerUps are constructive speakers and thoughtful listeners.

Act with Purpose - PowerUps aim to be proactive and take deliberate steps to sustain the viability of rural communities.

Respect Ideals - PowerUps respect the ideals of others by remaining neutral in terms of political, religious and social views.

Appreciate History - PowerUps appreciate and respect the builders of our communities.

Local Support - PowerUps believe in supporting locally-owned businesses.