



Franklin County Family & Consumer Sciences Successes - Rachel Monteverdi (FCS Agent)
Report for the fourth quarter of 2013

- Met with various members of the FCS Advisory Board to review programming needs. Also discussed research-based programs, evidence-based programs and best practices. Requested input for anger management for the county as this was eliminated but declared a need; sought input related to the new online parenting program; ideas to enhance leadership program; raise funds; increase marketing and volunteerism.
- Oversaw, marketed, implemented, taught, and evaluated Parenting Matters, Expanded Foods & Nutrition Program, Energy Conservation, Financial & Stress Management, Family Safety and Leadership Classes throughout the quarter; collaborated with Department of Social Services, Mental Health, Expanded Foods & Nutrition staff, NC State University, the Health Department, school system and others for the sake of best practices, and to market programs to the public and to specific audiences.
- Met with Franklin County leaders to discuss the needs for the Franklin County Family Safety Program. Thousands of dollars of food and household donations were secured and given away during this annual holiday program at Louisburg College.
- Promoted a new offering through NCSU and the Council on the Status of Women, to encourage and enhance professional development across North Carolina. More than 1000 online courses offered for staff to complete throughout the year. Offering brought more than 500 applications, 80 of which were accepted. The goal is to help others reach their fullest potential - on and off campus.
- Developed presentation & facilitated Franklin, Vance, Warren County Manufacturing Forum - Next Steps in Planning and Brainstorming for our Region.
- Developed presentation and facilitated an important discussion for the *NC Department of Public Instruction, Meredith College, ECU, NCA&TSU, and others* to encourage increased collaboration and partnership in order to strengthen the Family & Consumer Sciences profession.
- Worked with Vance Granville Community College, Economic Development and others for a new partnership to promote leadership offerings. Marketed, implemented and evaluated the *Seven Habits of Highly Effective People Leadership* workshops for the general public; taught the principles of personal vision, personal management, and personal leadership plus the principles of interpersonal leadership, empathic communication, creative cooperation and balanced renewal to a SOLD OUT crowd. Evaluations were very favorable, many stated they would change future behaviors and would like future offerings.

- Provided leadership presentation on the *Seven Habits of Highly Effective People First Things First Management* program to all Franklin County School nurses, social workers and counselors. Evaluations reported participants felt more empowered and would focus on identifying values, setting goals and using time more effectively in order to keep first things first.

 - Partnered with local Franklin County manufacturer to facilitate Financial & Stress Management during the Holidays for 80+ individuals.

 - Served as the Keynote Speaker for North Carolina Family & Consumer Sciences Students at their fall conference in Greensboro; developed new presentation focusing on skills and excellence, challenge and contribution.

 - Won NCSU Graduate scholarship to present ‘Generational, Situational and Working with Families in Poverty’ at the 2013 National Joint Council on Extension Professionals Galaxy Conference.

 - Presented Energy Conservation workshops in partnership with Local Chambers, Economic Development, Public Power Week & NCSU

 - Attended North Carolina Extension Community Association Centennial with members from Franklin County to discuss plans for the upcoming year.

 - Spearheaded a project with other FCS Agents from across NC to move Parenting Matters online. Developed ten power points with more than 800 slides that include video clips and new material; was asked to present information to new agents in December.

 - Chaired the Franklin County Schools FCS CTE Business Alliance meeting at a local high school.

 - Worked with the Franklin County School Health Advisory Committee for issues related to wellness in Franklin County schools.

 - Collaborated with the Franklin County Arts Council to promote the Quilt Trail and to discuss a program related to empowering women and economic development. Won grant funding for this project.

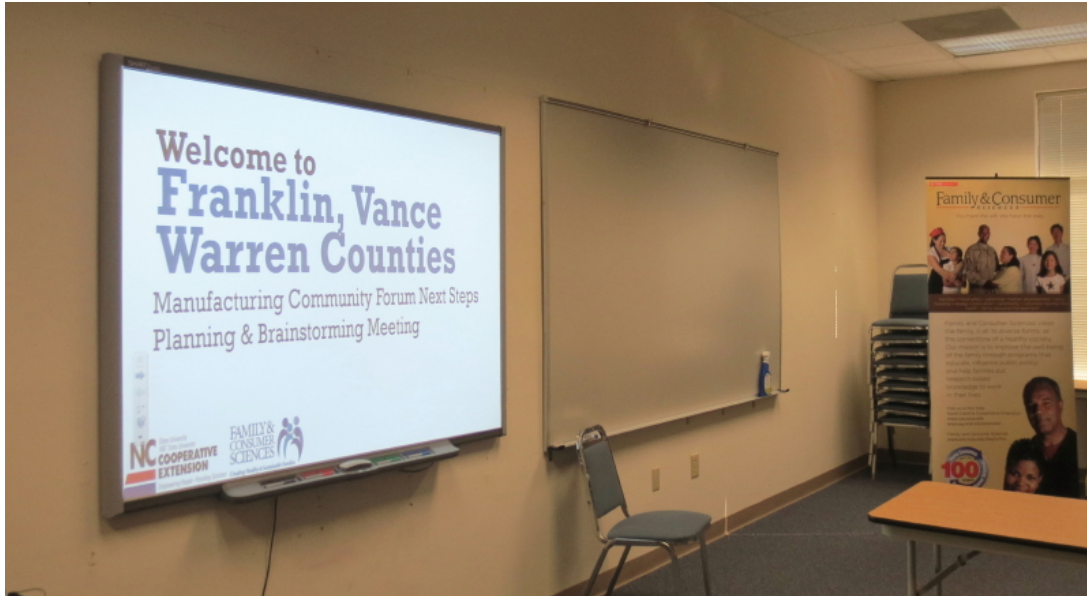
 - Marketed *Families & Children in Transition* (FACT) courses for District 9 of the NC Courts System. This course is designed for divorcing/separating couples with children. The goal is to reduce conflict and time spent in court. Requested assistance from the District Administrator of the Guardian ad Litem, local attorneys and University staff for future workshops. Workshop dates for each month through December 2013 were placed online, in flyers and in emails.
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- Attended NC Association of Family & Consumer Sciences board meetings; North Carolina Extension Association of Family & Consumer Sciences Meetings; NC Cooperative Extension Family & Consumer Sciences Foundation Board meetings; and Franklin, Granville, Vance Smart Start Board meetings, others.
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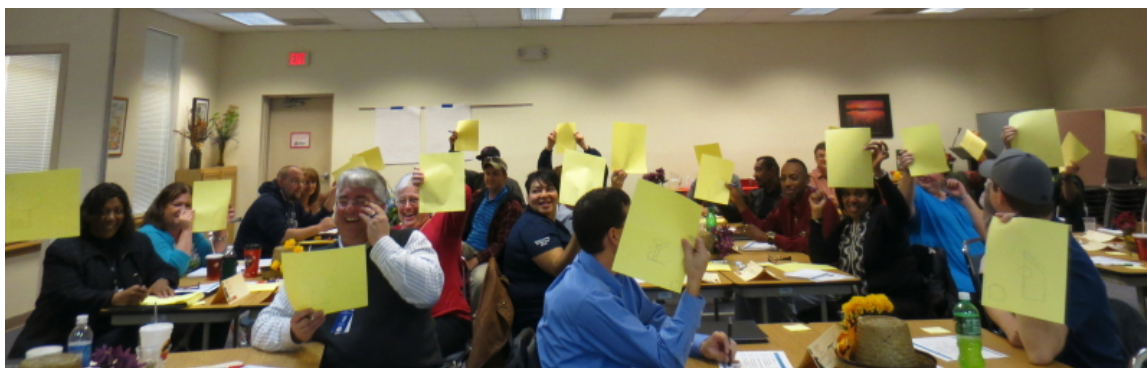
Secured thousands of dollars in food and other donations for Franklin County Families in need & for the Franklin County Family Safety Night



Developed presentation & facilitated Franklin, Vance, Warren County Manufacturing Forum - Next Steps in Planning and Brainstorming for our Region



Facilitated Seven Habits of Highly Effective People professional development session for Franklin County Schools Nurses, Counselors and Social Workers



In NEW partnership with VGCC & Economic Development - facilitated a SOLD OUT session of Leadership & the Seven Habits of Highly Effective People workshop



Facilitated Financial & Stress Management During the Holidays for Local Manufacturers





Chaired Statewide Planning Session for Family & Consumer Sciences Conference - members from NCA&TSU, NCCU, ECU, Meredith, DPI, and more

Family & Consumer Sciences

Let's talk about the importance of
Passion & Purpose
Skills & Excellence
Challenge & Contribution
Support & Appreciation

Rachel Harris Monteverdi

FAMILY & CONSUMER SCIENCES
Creating Healthy & Sustainable

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Parenting Matters participants graduate every 12 weeks; an online version is being developed.