

Guest Speakers



Cyndi O'Meara

“Lab to Table; Stop being a lab rat and start making better choices for your table”

Cyndi O'Meara is a nutritionist, documentary creator, best-selling author, educator, international speaker and founder of Changing Habits and Functional Nutrition Academy. Cyndi graduated with a BSc majoring in Nutrition from Deakin University in 1984, her special interest was ancestral foods.

Cyndi's presentation will take a close look at the anthropology and vitalism of food. It will delve deeper into topics such as the history of health, dietary food and lifestyle myths perpetuated and how to actually read food labels so you know exactly what you're eating.

With her strong passion for human and gut health, Cyndi will arm you with take home action steps and the right questions to ask, for more control over your food consumption and improve your healthy eating habits.

For more information on Cyndi, visit:
<https://changinghabits.com.au/>



Tim Emery

“Using genetic technologies to improve the bottom line and the steak on your plate”

Tim joined the Tropical Beef Technology Services (TBTS) team in February 2017 on a secondment from the Queensland Department of Agriculture and Fisheries. In his role, Tim works closely with both seedstock and commercial producers across northern Australia with the goal of increasing the adoption of BREEDPLAN and associated genetic technologies.

Tim's presentation will cover the 'bull buying process' from go to whoa, integrating discussions about breeding objectives, BULLCHECK and genetic technologies available to producers.

An in-depth explanation will be given about EBVs and how to make effective use of them.

Key findings from previously conducted research projects will be shared and an update given on genetics projects currently being undertaken. Tim will also provide some data collection tips that can assist with making informed decisions.

Continuing Education: Wed 4th March - 11:05am - 12:15pm

Conference Room 1 – Feed budgeting and Stock flows with David McLean

Conference Room 2 – People and Communication with Judy Pownall.

Hot Seat Guests:

Thu 5th March - 11:25am closing session

We are delighted to welcome ExecutiveLink Graduates Raymond and Jeanette Stacey to share of their journey. We look forward gleaning some pearls of wisdom from this special couple.



Post-meeting: Optional Q&A

With Department of Environment and Science about new Reef Regulations

Thu 5th March - 1:30pm-2:15pm in Conf Room #2

Following the end of the EL and Next Steps program, representative Leigh Smith from DES will be available to discuss **Reef Regulations QLD Reef Water Quality program**, as some regulations came into effect last December for reef catchment landholders. This session is a brief overview on minimum requirements under this latest legislation, and will allow a Q&A on any of your specific concerns or where clarification is needed. Jo Quinlan will facilitate the session.

RCS Facilitators & Team



Dr Terry McCosker - Director and Facilitator

Terry is an internationally acclaimed teacher and has worked in research, extension and property management in both government and private sectors for almost 50 years. Some of Terry's many strengths lie in animal nutrition, soil carbon, grazing management and facilitation at all levels. One of Terry's delights is participating in the journey of agricultural family businesses as they progress through Next Steps and ExecutiveLink.

Specialist areas include: Succession and Continuity Planning; Off Farm Investment; Benchmarking; Business Analysis; Visions and Goals; Roles and Responsibilities; Business Planning; Ecology; Soil Health; Grazing Management; Property Development and Planning; Cattle; Dairy; Sugar; Rice; Pastures; Nutrition; Reproduction; Biodynamics; Organics; Subtle Energy.



David McLean - Chairman and Facilitator

David joined RCS in 2007 with a very strong background of achievement. After graduating from University in 2004 where he received first class honours in his agricultural degree, he spent time gaining further practical experience on a cell grazing property in NQ. His vast knowledge of all aspects of agriculture, make him a sought-after speaker, educator and facilitator in the industry.

Specialist areas include: Benchmarking; Business Analysis; Visions and Goals; Roles and Responsibilities; Managing Teams (HR); Business Planning; Ecology; Soil Health; Grazing Management; Property Development and Planning; Cattle; Sheep; Goats; Maia Grazing; Mapping Software; Pastures; Nutrition; Reproduction; Livestock Trading; Livestock Breeding; Subtle Energy.

James Barnet - Senior Consultant, Coach and Facilitator

James joined RCS as a consultant in March 2015, having spent the previous 14 years on their own place at Guyra NSW. He and his wife Tina are Grazing for Profit, Grad Link and ExecutiveLink graduates, with 3 grown children, and now live in Orange NSW. James has a passion for measured performance selection in sheep and cattle, the adoption of technology and business analysis to assist in building profitable and sustainable operations. James has a strong background in family and corporate agriculture. He was brought up on a family operation in north western NSW and later the New England where he managed the fine wool and beef business. James later joined AA Co, and 8 years of his time there was managing Maneroo Station at Longreach, before becoming General Manager for Livestock Logistics.



James' specialist areas include: Succession and Continuity Planning; Off-Farm Investment; Benchmarking; Business Analysis; Visions and Goals; Roles and Responsibilities; Managing Teams (HR); Business Planning; Ecology; Soil Health; Grazing Management; Property Development and Planning; Cattle; Sheep; Pastures; Reproduction; Livestock Trading; Livestock Breeding.

John Moor – Facilitator

John moved from South Africa in early 2015 and brings with him a wealth of experience, including delivering succession services in South Africa, as well as operating a large pasture based dairy business and facilitating for the RCS South Africa ExecutiveLink program. John is currently working proactively with Rural Families on their succession and continuity planning.



Specialist areas include: Succession and Continuity Planning; Communication; Off Farm Investment; Benchmarking; Business Analysis; Visions and Goals; Roles and Responsibilities; Managing Teams (HR); Business Planning; Ecology; Soil Health; Grazing Management; Property Development and Planning; Broadacre Cropping; Sheep; Cattle; Dairy; Pastures; Nutrition; Reproduction; Organics; Livestock Trading; Livestock Breeding.

Judy Pownall – Next Steps Coach and Facilitator



Judy and her husband Brian run a beef breeding and trading enterprise near Dysart in Central Queensland and have a sharefarmer managing their cultivation. They bought the property from Brian's family in 1995, and have since undertaken a great deal of development and made a lot of changes to their management practices, converting from set stocking to time-controlled grazing. Apart from the business, Judy has also been teaching for 20 years, starting out as an accounting teacher and experiencing a variety of roles including relief deputy principal. She has completed GrazingforProfit™, ExecutiveLink™, and short courses including Low Stress Stock handling. Judy has trained with Allan Parker through the Negotiator's Toolkit.

Specialist areas are varied, but include people management, roles and responsibilities, grazing management, business analysis, and cattle.

Andrew Zerner – Next Steps Coach, Teacher, Facilitator and Consultant



After completing his agricultural degree, Andrew returned to the family farm where he ran a successful dairy operation with his parents near Murgon. Later this operation was converted to a beef trading enterprise. Today Andrew and his wife Katie continue to live on the family property and run a commercial beef trading enterprise. As a graduate of ExecutiveLink Andrew has a passion for the regenerative grazing principles that he practices daily. He brings this passion to his part-time consulting where knowledge and appropriate management can reduce inputs and improve profitability and balance in people's lives.

Specialist areas include: Benchmarking; Business Analysis; Visions and Goals; Roles and Responsibilities; Business Planning; Ecology; Soil Health; Grazing Management; Property Development and Planning; Cattle; Dairy; Mapping Software; Pastures; Nutrition; Reproduction; Subtle Energy; Livestock Trading; Livestock Breeding; Succession and Continuity Planning, Quality Assurance.

Nic Kentish - Next Steps Coach, Teacher, Facilitator and Consultant

Nic Kentish hails from near Mt Gambier, South Australia, and has a lifetime's experience in the old and the new, introducing cell grazing and intriguing management systems to his farm in 1999. Nic is passionate about empowering family farming and regenerative grazing. After leaving school, went onto jackerooing across Australia, was overseer for a cattle development project in Vanuatu, and has been head-stockman aboard livestock ships delivering sheep, cattle and goats.



Nic has now settled on a farm in the Adelaide Hills with his wife Alexi and three children, Nic runs a farm management consultancy as well as farm construction business and delivers agricultural coaching within his community. Nic is a graduate of the ExecutiveLink program, has coached and facilitated for ExecutiveLink, has taught the Grazing for Profit School, and trains Low Stress Stock handling Schools. Specialist areas include; Regenerative Grazing Management, Conversion to Organics and Biodynamics, soil carbon sequestration, family succession, rural leadership, cattle, sheep, farming, business analysis, stock handling, vegetable and grain crop production

Jo Quinlan – Facilitator, Growth Link, Consulting & Succession Team Leader

Jo has a background in the IT and education sectors, a degree in Business, and brings a wealth of international and local experience to RCS. She joined the team in 2014 and looks after the Succession, Consulting and Growth Link programs for services, and is also a facilitator for ExecutiveLink and GrowthLink meetings. Having grown up in rural Queensland, Jo also has an appreciation and connection with the land. Specialist areas include: Managing Teams (HR); IT; and Subtle Energy.



Garry McDouall – Consultant and Facilitator

Prior to returning to farming in 1984 Garry worked as a corporate advisory consultant in London and Sydney. Garry is passionate about the future for rural Australia, and in particular for smaller communities. He brings a wealth of experience to RCS from a wide variety of fields. Garry and his wife Linda are graduates of just about every bit of education facilitated by RCS including the ExecutiveLink program. He is a very experienced practitioner of the Holistic Farming practices recommended by RCS, and until recently has been a teacher of all RCS courses including the 7 day Grazing for Profit School. Garry has retired from teaching to pursue his role as Chairman of The Carbon Farm and remains with RCS to consult, facilitate at ExecutiveLink, and work with clients on Succession.

Specialist areas include: Succession and Continuity Planning; Off Farm Investment; Benchmarking; Business Analysis; Visions and Goals; Roles and Responsibilities; Managing Teams (HR); Business Planning; Ecology; Soil Health; Grazing Management; Property Development and Planning; Cattle; Rice; Vertical Stacking; MaiaGrazing; Mapping Software; Pastures; Nutrition; Reproduction; Biodynamics; Organics; Subtle Energy; Livestock Trading; Livestock Breeding.



Raymond Stacey - Next Steps Coach, Facilitator and Consultant

Bringing bucket-loads of experience to the team Raymond's background includes 30 years managing family owned grazing properties in North and North-West Queensland. A client of RCS since 1990, Raymond and his wife Jeanette later completed the ExecutiveLink program in 1998.

Raymond has delivered training in cattle and property management and has as the coordinator of Dalrymple Landcare. In 2014 Raymond completed a Master of Rangeland Management through University of Queensland. Raymond now lives at Southbrook on the Eastern Darling Downs. Specialist areas include:

Benchmarking; Business Analysis; Roles and Responsibilities; Business Planning; Ecology; Soil Health; Grazing Management; Property Development and Planning; Cattle; Pastures; Nutrition; Reproduction; Livestock Trading; Livestock Breeding.

Katie Zerner – Facilitator, and Vision and Goals Specialist

Katie is a physiotherapist and the owner of Central Balance Murgon. She is studying life coaching and enjoys helping people become the best they can be. Katie and her husband Andrew are Grazing for Profit, ExecutiveLink Graduates, and current Growth Link members. They have two children and live on-farm in Murgon QLD. Katie is a facilitator and delivers the Vision and Goals service for RCS.



Jim Viner - Next Steps Coach and Facilitator

Jim and his wife have run their property in partnership with his parents near Gympie QLD since 1996. In recent years, they have developed their business into a mixture of cattle breeding, pasture seed production and hay production. In 2016 Jim graduated from the ExecutiveLink™ program for a second time. He is passionate about sustainable agriculture, both from an environmental and business point of view.

Areas of speciality include: Pastures; Livestock Breeding; Benchmarking; Business Analysis; Business Planning; Succession and Continuity Planning; Off Farm Investment; Visions and Goals; Roles and

Responsibilities; Managing Teams (HR); Business Planning; Ecology; Soil Health; Grazing Management; Property Development and Planning; Cattle; Nutrition; Reproduction; Biodynamics.

Andrew Lawrie – Coach and Facilitator

Andrew lives west of Rockhampton on 3500ha along the Fitzroy River with his wife Meagan since 2000 when they entered a family partnership after some 15 years working in various roles with his mechanical trade. Over the last 17 years, Andrew, along with his family, have changed the country they own and manage, from a traditional set stocked operation to a more intensive time-controlled system. This transition has allowed Andrew to gain experience in property mapping, layout and installation of water and fencing infrastructure, management and monitoring techniques and a complete turnaround in livestock handling.



Andrew's areas of speciality include: Benchmarking; Business Analysis; Visions and Goals; Roles and Responsibilities; Managing Teams (HR); Business Planning; Ecology; Soil Health; Grazing Management; Property Development and Planning; Cattle; Maia Grazing; Mapping Software; Pastures; Nutrition; Reproduction; Livestock Trading; Livestock Breeding; Succession and Continuity Planning; Fixing your Earthmoving Gear!

Adam Curcio; General Manager and Facilitator

Adam was born and raised in Mareeba, far NQ where his upbringing fostered a strong appreciation for both agriculture, and the natural environment. Professionally, Adam has worked in several different fields. After completing high school, he spent seven years working in the finance industry, managing people and projects in locations such as the Gulf of Carpentaria and the NSW high country. It was in the NSW high country that his passion for the natural environment strengthened, prompting him to gain a qualification in 'conservation and land management'. Specialist areas include: Roles and Responsibilities; Managing Teams (HR); Business Planning; Ecology.



Tom Hungerford – Next Steps Coach, Facilitation Mentor

While operating a cattle enterprise near Goondiwindi, Tom became an RCS client in 1993. As a member of Executive Link for 6 years, he ran a profitable business while improving the land under grazing cells using Grazing for Profit principles. Now a part time consultant based in Southern Queensland, Tom remains passionate about grazing management and is also involved in coaching Next Steps members and is part of the ProfitProbe Benchmarking team. Tom has a Bachelor Commerce degree from UQ.

Areas of speciality include: Grazing and Business Principles; Coaching and Facilitating; Off Farm Investment; Benchmarking; Business Analysis; Visions and Goals; Roles and Responsibilities; Business Planning; Ecology; Grazing Management; Property Development and Planning; Cattle; Succession and Continuity Planning; Maia Grazing; Mapping Software; Pastures; Nutrition; Reproduction; Livestock Trading; Livestock Breeding.

Nic Walker – Agri-Software Analyst

Nic is a third generation grazier with a degree in IT and Software development. For many years he and Carley ran a cattle and sheep operation near Longreach. Following Grazing for Profit, Nic and his wife Carley graduated ExecutiveLink in 2017. Nic is currently based on the Sunshine Coast, and works with RCS providing technical support, specialising in Profit Probe and Maia Grazing. Nic is available to meet one-on-one for Probe or Maia support. Please contact Nic directly on 1300 913 493.



Jane Barker – Program Support, ProfitProbe, Research Assistant

Jane Barker holds a Bachelor of Applied Science (Rangeland Management) from UQ. She has a high level of training and experience at a practical level on farm as well as technical work with AACo, experience with the Department of Natural Resources and insight into operating rural tourism businesses. Contract mustering will always be a sentimental highlight of her career and sharing her passion for the industry remains a constant throughout her life. Now living with her family on 30 acres near Yeppoon, she enjoys pursuing the future of agriculture through RCS. Jane is available for background research, administrative and technical support.

Kelly McCosker - Office Manager & Executive Link Coordinator

Kelly manages the coordination and delivery of the ExecutiveLink program and Grazing for Profit Schools. Kelly supervises the administrative activities of the Yeppoon Office and loves being a part of the RCS team, having grown up around the business and clients. Specialist areas include: Managing Teams (HR); Roles and Responsibilities; Subtle Energy.



Megan Hudson – Next Steps Team Leader

Megan wears many hats at RCS, including RCS Marketing, KIT and Field day Co-Ordinator and Team Leader for the Next Steps Program. Megan comes from an agricultural background and, having lived and worked in the Central Queensland Region for her entire life is very passionate about the industry. She is also fluent in French and teaches others this language!