



Dr Terry McCosker; Director of RCS and Facilitator

Terry is an internationally acclaimed teacher and has worked in research, extension and property management in both government and private sectors for 45 years. In his research era, Terry published over 40 papers and made several world first discoveries in the 1980's in the fields of bull fertility, ruminant nutrition and pasture ecology. Terry co-founded RCS over 25 years ago which has set the benchmark for capacity building in rural and regional Australia. He is responsible for the introduction of the GrazingforProfit™ School into Australia which now has over 5,000 graduates and has changed grazing, livestock and business management nationally. Terry has chaired the Australian Beef Expo, has sat on numerous advisory committees and has been nominated for many awards.

Terry was described in the Australian Farm Journal editorial in July 2010 as follows: "It is hard to imagine the mental toughness and commitment McCosker and his early farmer adopters had to muster to withstand the flood of criticism from within conventional agricultural science circles. McCosker's ideas took farming out of a war with nature to an association with it. He introduced Australian farmers to the concept of ecosystem health and developed methods of measuring it alongside financial health. Critically he introduced the concept of farm family well-being and welcomed female partners, siblings and parents into courses about decision making."



David McLean; General Manager of RCS and Facilitator

David has joined RCS with a very strong background of achievement. After growing up on a sheep and cattle property in South West Queensland, he obtained his Australian Woolclassing certificate before going to the University of Queensland. David graduated University in 2004 receiving first class honours in a Bachelor of Agricultural Science, Rural Technology.

David then spent time gaining further practical experience on a cell grazing property between Richmond and Croydon in North Queensland. During this time he was involved in all aspects of managing intensive grazing at Richmond along with agistment operations on properties ranging from Georgetown to Boulia.

After working at a practical level with the holistic principles promoted by Resource Consulting Services (RCS), David started full time work with the company in 2007 based out of Yeppoon. In his role as a Consultant and Educator, David delivers a range of RCS schools and consulting services and facilitates the Executive Link program.



Tom Hungerford; Consultant, Coach and Facilitator

While operating a cattle enterprise near Goondiwindi Tom became a client in 1993. A member of Executive Link for 6 years, he ran a profitable business while improving the land under grazing cells using GrazingforProfit principles. Now a part time consultant based in Southern Queensland he is passionate about grazing management and is also involved in Development Planning, Facilitating and coaching ExecutiveLink members. Tom has a Bachelor Commerce degree from University of Queensland.

## RCS Facilitator, Staff & Guest Speaker Introduction

### James Barnet; Senior Consultant and Facilitator

James and his wife Tina are GFP and EL graduates, with 3 grown children. They relocated to Yeppoon in early 2015, having spent the past 14 years on their own place at Guyra. Previously, James and Tina have spent 11 years with AACo, 8 years of this managing Maneroo Station at Longreach, before James became General Manager for Livestock Logistics. James has experience working in NSW, NT and Qld, and works full time with the RCS Team in Yeppoon as a Senior Consultant.



### Margaret Bridgeford; Facilitator

Margaret Bridgeford is an author of "*Eat ... Think ... Heal*" and the retiring CEO for RCS P/L. Margaret took the reins of RCS as CEO in July 2004 and came to us with an already established profile and experience which compliments the RCS position in the market place with a blend of business, agriculture and education. Margaret's previous industry position was Chairman of the Qld FarmBis State Planning Group as producer representative. Margaret has formal training in both psychology and business, and has facilitated at several GrowthLink and ExecutiveLink meetings. Those who attended our July 2015 meeting would have met Margaret as she spoke about her family's health and journey through industrial agriculture.



### Claudia Power; Consultant and Facilitator

Claudia Power did her first GFP in 1996, followed by EL from 1996-2000. She has a Master's degree in Agricultural Science and worked as an Extension Officer for 11 years in the Qld Dept of Primary Industries before moving back to the bush. She & her husband John, ran sheep and cattle on two properties in the Richmond & Winton districts until health issues resulted in their "semi"-retirement to Townsville in 2006. Claudia has done ad hoc facilitation & consultancy work for RCS since 2000. She specialises in the "people issues" but has also done her share of property development, poly laying, drought management etc.



### John Moor; Succession and Continuity Team Leader, and Facilitator

John Moor 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 Executive Link program. Last month John headed up the RCS Succession and Continuity Planning service and we are privileged to have him join the team.



### Andrew Zerner; Next Steps Coach

After completing a Bachelor of Applied Science in Rural Management through the University of Queensland, Andrew returned to the family farm where he ran a successful dairy operation with his parents near Murgon in the South Burnett. Later this operation was converted to a beef trading enterprise. In recent years Andrew has worked part-time in developing and implementing Quality Assurance programs in Agribusiness.

Today Andrew and his wife Katie continue to live on the family property and run a commercial beef trading enterprise. As a graduate of the ExecutiveLink and the RCS Rural Profit System, 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.

This meeting we are pleased to share that Andrew and his wife Katie will share their story with us in a **Hot Seat Session** on Thursday 12<sup>th</sup> November.





Raymond Stacey; Next Steps Coach

For the past 30 years Raymond has managed the 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 to certificate course students as an instructor with Rural Industry Training and Extension. He worked as facilitator and coordinator with Dalrymple Landcare, and has previously been an associate consultant and GraduateLink Coach with RCS. In 2014 Raymond completed a Master of Rangeland Management through University of Queensland. Raymond and his wife and Jeanette now live, work and graze from Southbrook on the Eastern Darling Downs.



Catriona Pearce; Next Steps Coach

For the past 13 years Catriona and her husband Kevin have developed and grown their beef cattle and farming property on the Fitzroy River north of Rockhampton.

Catriona grew up on a beef cattle and farming property near Moura, Central Queensland, and completed a Bachelor of Commerce at UQ. She has worked with Australian Agricultural Company (AACo) in the Northern Territory, and went on to complete their two year graduate program, before working at management level. Catriona has experience in Research and Development, and marketing across QLD and NSW in cattle, sheep, feedlot and farming operations.

Having spent a couple of years overseas travelling and working within agriculture in Africa and the United Kingdom, Catriona and her husband began their own business in 2002. Since then they have completed GrazingforProfit, GradLink, ExecutiveLink and the Applied Grazing and Ruminant Nutrition Workshops. They now live outside of Rockhampton with their 2 children.



Dr Daniel Banos (Psychologist); Guest Speaker

Presentation 8:30am Tuesday 10<sup>th</sup> November

**“From Great Minds to Optimum Minds: Developing Mental Resilience”**

Have you ever wondered how to stay focused, and keep motivated whilst maintaining the enthusiasm you, your family and your business needs? This education session will provide you with take home skills you can practice and pass on to generations to come. Psychologist Dan Banos will share strategies that will set you above the average mind, and assist you to transition from a great to an optimum mind. These strategies will allow you to be better prepared to face significant sources of distress, and help you achieve optimum mental health and build your mental capacity.

Dan commenced his training in Mexico before coming to Australia over a decade ago. With a Master’s Degree in Forensic Mental Health, he strongly believes in the importance of well-being and quality of life. Founder of NEWSTART Psychology & Counselling and a recent TEDx Rockhampton speaker, he has delivered self-development and spiritual motivational talks in Mexico, Europe and Australia. He brings a holistic perspective to the psychology game, connecting your physical, biological, psychological, social and spiritual needs in order to develop a healthy mind, a sound character and an attractive personality.



Stacey Curcio (Naturopath); Guest Speaker

Presentation 10:30am Tuesday 10<sup>th</sup> November

**“Designer Diets, Nutrigenomics and the Future of Smart Eating”**

Principal Naturopath and Director of Gladstone Holistic Health, Stacey is endlessly amazed with human physiology, and the way in which it responds to the environment, the food we eat and the emotions we experience. As well as being a fully qualified Naturopath she has also completed a Masters of Human Nutrition through Deakin University, and has been a contributing author to a well-known, evidence based herbal and nutritional textbook.

When it comes to healthy eating, a ‘one size fits all’ approach simply doesn’t work because we are all unique, and people tend to gain varying degrees of benefit from generalised dietary guidelines. Nutrigenomics is a new and personalised approach to dietary advice... Stacey will explain the concept of what is likely to be the future of functional and nutritional medicine, and will bring to light the power of the mind and its relationship to human health.



**Katie Crozier, ProfitProbe Consultant and Facilitator**

Katie joined RCS permanently after an 18 month DAF Qld placement with RCS as a Support and Extension officer. Prior to this she worked with DAFQ in Toowoomba, in the intensive livestock regulation area. She graduated from UQ Gatton with a Bachelor of Applied Science (Production Animal Science Major) in 2013.

Katie uses every opportunity to expand her experience by working with different companies. She did a season with AACo at Brunette in 2009 before completing her university degree. At RCS Katie is responsible for Profit Probe Benchmarking, coordination of consultancy services, and she oversees all RCS Keep In Touch days.



**Kate Murfet, Facilitator, Product Development, Marketing and Next Steps Coordinator**

With a focus on RCS Product Development, Marketing and creating alternative delivery methods for RCS training material, Kate also provides support and assistance to RCS team members and creates and nurtures relationships with clients. Kate is also the Coordinator for the GrowthLink AND Next Steps programs.

Kate has grown up in Tasmania where her family run a small seed-potato and beef cattle operation and is following her passion in agriculture by learning from the best in the industry. She has spent time working on Australian cattle stations, attended courses, including GrazingforProfit, Patrick MacManaway's QuantumLeap workshops, the KLR Marketing School and a grazing workshop with Allan Savory.

### Support Staff:



**Kelly McCosker, Office Manager & ExecutiveLink Coordinator**

Kelly manages the coordination and delivery of the Executive Link program. Her experience sees her overseeing the delivery of all RCS training products and supporting the delivery of consulting services by RCS staff and contractors. Kelly supervises the administrative activities of the RCS Yeppoon Office, and looks after client enquiries.