



# Heartland Homesteading Conference



## **Presenter Information & Bio**

**Name:** Jacilyn Harness

**Business:** Steader Life

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**Presenter Bio:** Hey y'all! I'm Jacilyn, a homesteading and homeschooling mama from Kentucky. Growing up I was fed a terrible diet, and watched family members die of colon cancer and heart disease. As a teenager, I made the shift into homesteading through high school agriculture classes, joining FFA, county

fairs, working at a local feed store, and serving as a veterinary tech assistant. My passion was realized early in life, and I've never looked back. During college as a livestock management major, I learned even more by working on several large produce farms. Once I had children, the passion became a way of living and I wanted to help others, leading me to earn degrees in business management and business marketing. We moved to a farm in 2010 where I dove head-first into canning, scratch-baking, gardens, chickens, and goats, all while beginning to homeschool and run a local homesteading support group. Since then, I've been blessed to teach countless children, adults, and groups all sorts of homesteading and survival skills. Now I'm thankful to spend my days homeschooling, preserving food, working through challenges and successes on our homestead, and managing a small business. I'm the founder of Steader Life which is a rural alliance of believers sharing knowledge to forge sustainable homesteads, resilient families, and intentional communities through faith, support, and skill-based training. This

includes an online academy with free and affordable homesteading courses to reach families seeking quality information they may not be able to get anywhere else. We're always looking for instructors who share our passion and would like to build an online income stream. Aside from running the academy, I teach workshops on homestead family rhythms, and offer resources for household and farm organization.

**Course Name:** "Homestead Family Rhythms: Managing a Productive & Prepared Household"

**Course Description:** There is some serious overwhelm and burnout that can come from running a family, homestead, and working all at once. If one thing is done well, something else is sacrificed. If family gets the quality time, tasks are never completed. It can quickly spiral into mental fatigue and emotional chaos that leaves you unable to properly care for yourself or your loved ones. At one point years ago I quit everything, sold my dairy goat herd, and gave away all our chickens when I plummeted into a dark season of anxiety and exhaustion from all the obligations I had willingly and joyfully taken on. As we've gradually built back our homestead and our family dynamics have constantly changed, I've learned so much about how to better understand my own limitations, priorities, and sometimes self-sabotaging tendencies. I've counseled families on how to achieve their dreams of self-sufficiency while maintaining productive households using family rhythms. Everything in our lives has a rhythm, from monthly bills to sabbath rest, to planting and harvest. When we learn to combine organization tools and family expectations with flexibility and time spent on valuable endeavors ... it can change the environment of a household and solidify relationships. On a self-sufficient homestead, productivity is everything. But we have to strike a balance between that right work and the obligations as believers and parents. In this workshop we'll go over some basic principles, then have casual discussion about how to work through some of your own struggles. Bring your burdens! We'll chat about how to implement some strategies with your entire family without losing your sanity or forgetting something important. You'll get a personal look into how we do things and I'll provide ideas, resources, and new perspectives to help you on your way. Topics can include: time blocking, daily schedules, morning basket activities, chores, delegating, meal planning, homeschooling/unschooling, budgeting, sacrifice, farm management, seasonal living, running a business, pantry organization, balancing minimalism with prepping, what family time looks like, kids without electronics, and more