

Lauren M. Phillips

May 22, 2026

Dear National Junior Angus Association Voting Delegates,

Greetings from the state of Iowa! My name is Lauren Phillips, and I am humbled and honored to represent Iowa as a 2026 candidate for the National Junior Angus Board of Directors. I would like to congratulate you on being selected to represent your state as a voting delegate. As a past delegate, I understand the importance and responsibility the delegates have in voting on the next six NJAA Board of Directors.

I grew up on my family's registered Angus cattle, custom hay operation, and row crop operation in Centerville, Iowa. I will be a junior this fall at Iowa State University, studying Agricultural Communication and Psychology. Upon completion of my degree, I aspire to attend graduate school to become a mental health therapist and specialize in farm stress. I hope to continue supporting and advocating for farmers and ranchers around the country. No matter where my studies take me, I will always strive to give back to the Angus community in any way I can.

When thinking about my earliest memories within the NJAA, I can always remember the green coats being prevalent role models to me. Since then, I've had the opportunity to become heavily involved in both the Iowa & National Junior Angus Associations, which have been an integral part of my identity growing up. Whether I was attending LEAD & Raising The Bar, participating in contests, exhibiting cattle across the country, or networking with other Angus juniors, all activities provided to me through the NJAA have served me in numerous ways. Many past NJAA board members have been influential in my life, and are a big reason why I am running for the NJAA board this summer in Louisville. My passion to run for the board comes from a place of service to give back to other juniors, just like past green coats have done for me. I hope to serve passionately, lead with purpose, and make an impact on others if elected onto the NJAA Board.

Once again, I am honored to be selected as Iowa's candidate for the NJAA Board of Directors. I look forward to connecting with you in July at the 2026 National Junior Angus Show in Louisville, Kentucky, while learning more about your background and sharing my ideas and qualities I hope to bring to this tremendous organization. I wish you a great summer show season and safe travels to Louisville!

Very sincerely,

Lauren M. Phillips

LAUREN PHILLIPS

mahrynn.p@gmail.com

EDUCATION:

Iowa State University , Ames, Iowa Major: Agricultural Communication Minor: Psychology	Expected graduation: May 2028 GPA: 4.0
Indian Hills Community College , Centerville, Iowa High School Diploma/College Credit	2020-2024 GPA: 4.0
Centerville High School , Centerville, Iowa High School Diploma	2020-2024 GPA: 4.0

PROFESSIONAL EXPERIENCE:

Iowa State University Veterinary Diagnostic Laboratory , Student Worker <ul style="list-style-type: none">Process and repackage diagnostic samples to improve efficiency and organization for future testingPrepare and organize diverse biological samples for advanced testing proceduresCommunicate with staff and other student workers to ensure packages are completed accurately and efficiently	October 2025- Present
Iowa State University Extension & Outreach , Appanoose County Intern <ul style="list-style-type: none">Plan & execute all activities and livestock shows at the Appanoose County FairPlan & facilitate three individual day camps for youth in Appanoose County to encourage participation at the Appanoose County fair, and agriculture as a wholeMarket agriculture-related events happening locally such as trainings, day-camps, and events at the fair	May-August 2025
Cattlemen's Congress , General Intern <ul style="list-style-type: none">Upon arrival, intercept and direct exhibitors with trailers to various locations around the fairgroundsOrganize and report livestock show results in various online platforms efficiently and accuratelyOrganize awards for presentation and distribution, and cooperate and collaborate with other interns from around the country	January 2025
Phillips Family Angus , Co-Owner/Operator <ul style="list-style-type: none">Feed, water, and maintain the health of cattle. Wash, rinse, blow, and train show heifers. Clean stalls and animal areas.Register cattle through the American Angus Association online platform, as well as maintain accurate health recordsPrepare for and participate in cattle shows	2015- Present

COLLEGIATE INVOLVEMENT & OTHER ORGANIZATIONS:

Iowa State University Honors Program <ul style="list-style-type: none">Participate and complete honors courses & seminarsMaintain 3.50 GPAComplete Honors Capstone Project	AGEDS Department Peer Mentor <ul style="list-style-type: none">Spring & Fall 2026
Sigma Alpha Professional Agriculture Sorority <ul style="list-style-type: none">Apparel Chair (2025)Mr. CALS Chair (2026)	National Junior Angus Association <ul style="list-style-type: none">Member (2017-Present)Delegate (2023, 2025)Contest Participant (2021-25)LEAD & Raising the Bar Leadership Conference Attendee (2022-25)
Block & Bridle <ul style="list-style-type: none">The Classic Cattle Show Committee Member (2025), Social Media Chair (2026)Beef Interest Group Member (2024-Present)	Iowa Junior Angus Association <ul style="list-style-type: none">Vice President (2025-26)President (2024-25)2nd Vice President (2022-24)

AWARDS & HONORS:

<ul style="list-style-type: none">Rick Frye Actions Over Words Award (2025)Iowa State University President's List (Spring 2025)National Junior Angus Association: 2nd Place Senior Livestock Judging (2025)Iowa FFA State Leadership Conference: Gold, Public Speaking LDE (2024)	<ul style="list-style-type: none">Outstanding Leader: Appanoose County Fair (2024)Iowa FFA State Degree Recipient (2023)National Junior Angus Association: Bronze & Silver Awards (2023)Iowa Farm Bureau Interview (60k+ views, 2023)
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What personal and professional goals have you set for the future?

I will be a junior this fall at Iowa State University, studying Agricultural Communication and Psychology. Upon completion of my degree from Iowa State, I plan to attend graduate school to earn a Master of Social Work and become a mental health therapist. As noted in recent news, farmer-related mental health struggles have been on the rise, and I hope to help those who feed the world with their mental health through my degrees. Regardless of where my studies may take me, I plan to continue advocating for agriculture and ensuring our industry, and the beef industry specifically, are supported, respected, and most importantly, understood throughout my career. The highest goal I have set for myself personally, at this stage of my life, is to serve the National Junior Angus Association as a Director on the NJAA Board. With this ambitious goal coming up, I hope to serve with humility and inspire others to make a positive impact on other juniors within the NJAA if elected onto the board.

Knowing what you know now, what would you have done differently in your NJAA career?

Looking back on my NJAA career, one thing that I would have done differently is get involved at an earlier age. I can remember sticking with my family and friends at shows and participating in only a few contests when I first started showing. Since then, I've truly capitalized on every opportunity that has come my way, and a major part of that was encouragement from past green coats. As I've gotten older, I've realized that the NJAA is built on connections, positive leadership, and taking initiative, which eventually lead to endless opportunities. Some of my most fond memories throughout my junior career happened when I chose to get involved in new contests, attend leadership conferences, and connect with other juniors. If allowed to serve the NJAA as an NJAA Board Director, I hope to encourage the youngest juniors I come in contact with to get involved in the association and make every moment within the NJAA matter. While I'm incredibly proud of my journey within the NJAA and the personal growth I've experienced, I see this as an opportunity to reflect on my growth and encourage other juniors to get involved.

How do you demonstrate leadership when no title or recognition is involved?

To me, leadership has never been about a title or recognition. A close friend once told me, "Leaders create more leaders," and that has stuck with me since high school. It continues to shape how I approach leadership today. I've always taken the initiative to complete tasks without being prompted. As someone who works with others daily, I value it when people step up and take responsibility, and I strive to be that person for my peers. I also aim to be a positive outlet in every organization I'm part of, uplifting and supporting those around me. Encouraging teammates, helping others when they're struggling, and following through when things are difficult are all qualities I believe define strong leadership. I've demonstrated these values

through my involvement in the NJAA and IJAA, as well as Block & Bridle at Iowa State University, Sigma Alpha, Peer Mentorship, and my church. Through these experiences, I've found genuine fulfillment in working alongside others and helping them succeed. Leadership, to me, is about the positive, encouraging impact I have on others, not the recognition I receive. I hope to bring these values and experiences if elected to the NJAA Board and continue creating an environment where others are encouraged to grow and lead.

If elected to the NJAA Board of Directors, what would you bring to the table?

If elected to the NJAA Board of Directors, I would bring a strong work ethic, a team-oriented mindset, and a genuine passion for the Angus industry and its people. Through my involvement in the National and Iowa Junior Angus Associations, Block & Bridle, Sigma Alpha, Peer Mentorship, various internships, and my church, I've had the opportunity to work with a wide range of individuals, which has strengthened my ability to communicate and, most importantly, to listen to others. I would bring a leadership style centered on service. I believe the best leaders are those who invest in others. I have always strived to encourage others and allow them to grow into their fullest potential. Through past officer teams I've served on, I understand that sometimes the best thing a leader can do is listen to others. I want to be someone younger members feel comfortable approaching and someone who leads by example through empathy and positivity, while continuing to achieve a goal. I would also bring a willingness to listen and represent. Being on the NJAA Board is about more than my ideas. Serving on the NJAA board is about advocating for the membership as a whole. I would make it a priority to listen to all NJAA members to ensure they feel supported and heard. Most importantly, I would bring positive energy, dedication, and a deep commitment to this organization. The NJAA and the Angus breed as a whole have played a significant role in my personal and professional growth, and I would be fully invested in giving back and helping create those same opportunities for other junior members if elected to the NJAA Board of Directors.

In your words, what role does the NJAA Board of Directors play in the NJAA?

To me, the NJAA Board of Directors plays a dynamic role in creating opportunities that allow members to grow, step into leadership, and stay actively involved. The NJAA Board of Directors adapts to current members, shaping what the NJAA is and what it means to be a junior member. To me, the board is who juniors look up to as role models and for support. They're the people most juniors watch in the ring, at contests, and look to for guidance throughout the year. I remember when I was a little girl, watching the green coats in the ring and thinking, "I want to be just like them someday." Beyond leadership events and contests, the board works to build connections within the Angus breed. The people who create this board provide examples of the

living values of the Angus Association, and always strive to uphold themselves with integrity. The board also serves as a voice for all members throughout the country, and that is exactly what I will strive to do if elected onto the NJAA Board of Directors. I want to be someone that junior members can feel comfortable approaching, give back to an organization that has given me so much, and help all junior members reach their fullest potential within the NJAA, just like past green coats have done for me.