

Focussed Farmers: Participant Profile

MARK TRIPNEY

“A program that leads to a disciplined approach in helping to bring focus to the mind and coaching that encourages, confronts and guides to a more rounded focus of thought.”



BACKGROUND

After Studying at Seale Hayne, Mark spent 18 years as a farm manger, the last 10 years as a dairy and arable estate manager which include cereal production, a 500 cow dairy unit and 1000 cheviot hill flock (in Scotland) alongside agricultural enterprise and lettings.

After completing a Nuffield Scholarship in 2006 on Nutrient Supply from Manures & Soil Fertility he has grown his agricultural consultancy business – iSoils formally Matrix Ag - and works on soil & nutrient management particularly in relation to crop quality & animal health, Single Farm Payment & compliance, manure management & NVZ compliance.

Mark is a leading consultant for Calcifert and travels extensively around the UK providing technical backup and soil & nutrient training workshops to farmers and the industry.

BENEFITS GAINED FROM THE VIDEO SERIES AND 8 WEEK PROGRAMME

Making time to meditate is a positive in the day as it does calm & focus the mind. Gaining increased focus has helped me get things done and make decisions that I was not making before.

My life is more rounded in the last 10 weeks than it has been for quite a while. I have suffered from depression in the past and I still may have depressive episodes but they are not as deep as they used to be, I appear to be able to bounce back quicker as a result of the daily meditation and focus exercises.

The programme offers a chance to be disciplined with a framework to follow on a practical level. Weekly logs, plus coaching as a firm guiding hand and a tool to monitor progress, ensures you are going in the right direction.

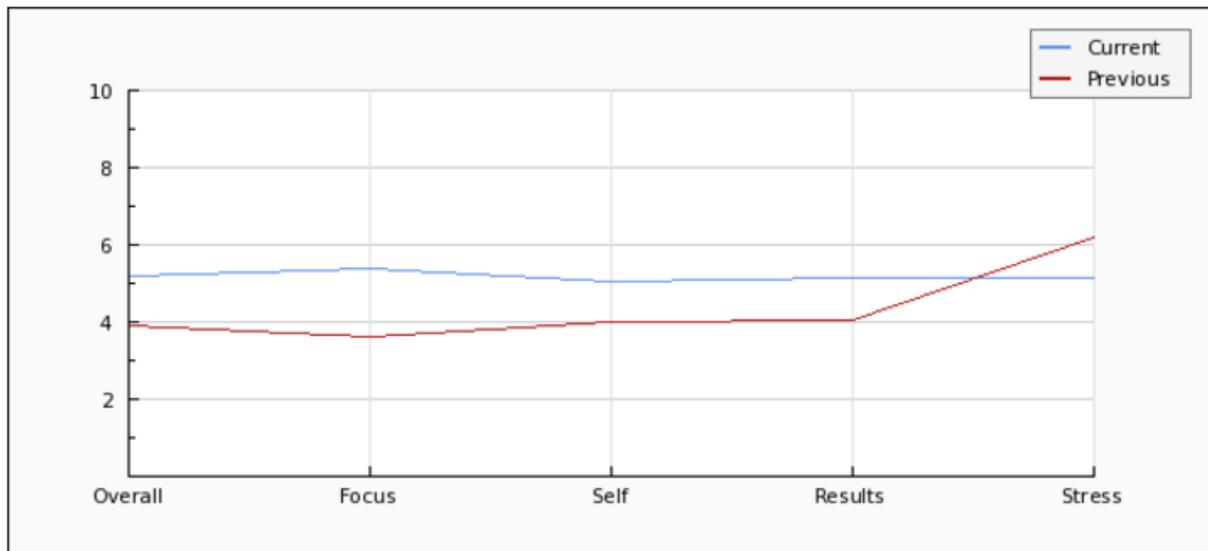
“I feel this programme would benefit anyone working on their own within agriculture such as hill-shepherds and gamekeepers. People working long hours and managers, who are supposed to have all the answers. It is ideal for one-man band rural based businesses.”

Mark Tripney, Agronomist and Agricultural Consultant. North West, UK.

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RESULTS

	Overall Average	Discipline & Focus	Conceptual Self	Results	Work/Life Stress
Current hMMI	5.18	5.36	5.05	5.13	5.12
Previous Scores	3.90	3.64	4.00	4.06	6.21



TIME COMMITTED TO THE PROGRAMME: 1-2 hours per week