

## Focussed Farmers: Participant Profile

### ELIZABETH WYNN

“The video content I found fascinating and I would say is relevant to everyone who is interested in stepping back to see how to reframe situations to create more choice and less stress in their lives.”

### BACKGROUND

Liz has her own business, Cool Therapies, which offers acupuncture and remedial massage near her home in Lincolnshire.



Her husband, Philip, runs an agricultural consultancy business which Liz supports by completing all the administration and providing much of the behind the scenes support.

Philip has been Master Farmer for The Worshipful Company of Farmers in 2016/17 and this has taken up much time for both of them in addition to their full-time jobs.

Liz decided to take the programme as research for Philip who has a keen interest in working together within the industry to improve mental health and well-being for farmers and agricultural sector stakeholders.

### BENEFITS GAINED FROM THE VIDEO SERIES AND 8 WEEK PROGRAMME

The benefits I have gained from the video series and 8 week programme have included gaining more clarity and direction in my life.

I had previously practiced meditation but this had lapsed. The programme supported me to resuscitate my discipline of daily practice and introduced me to the benefits of mini meditations throughout the day.

The course content has provided much mental stimulation – I've got so much from reflecting on and mulling over the information within the course and its implications.

It offers very practical ways of shifting one's perspective and teaches how to develop and then apply focus.

I definitely feel this is a programme that would be useful for managers and fairly early on in their careers, as it would help them cope with juggling the huge diversity of tasks demanded of them. I think some of the attitudes learned would also help them in the management of people and as they progress up the ladder then hopefully a healthy culture / approach would be evident in their businesses.

### TIME COMMITTED TO THE PROGRAMME: 3 -4 HOURS PER WEEK

“I have thoroughly enjoyed the course. The content might seem fairly straightforward and simple but the implication of the information, if taken and applied to one's outlook on life, is potentially quite revolutionary.”

**Liz Wynn, Farm Consultancy Support, England**

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## RESULTS

	Overall Average	Discipline & Focus	Conceptual Self	Results	Work/Life Stress
Current hMMI	7.32	7.76	6.89	7.31	2.91
Previous Scores	5.19	4.67	4.95	5.94	4.91

