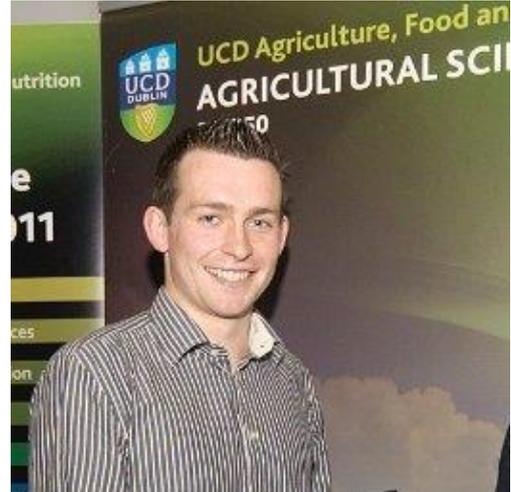


Focussed Farmers: Participant Profile

PAIDI KELLY

"I've found the course massively beneficial. At the start, I never could have believed that taking 10 minutes every day to be mindful could make such a difference. However, having experienced the benefits I can't recommend this course enough.

I feel that there are knock on benefits for other people in my life also as I am a happier and more productive person because of the skills picked up in the course. These are life skills that I hope to benefit from every day for the rest of my life, if I keep exercising my brain in the right way!"



BACKGROUND

Paidi grew up on his family's dairy farm in Tipperary, Ireland. His full time job is a Research Officer for Teagasc (who are similar to DairyCO in the UK) and his current role focusses on researching and implementing incentives to allow people who don't own any land to get into farming via collaborative farming arrangements. He is also studying for a PhD as part of this project.

In 2016, he and his college friend set up a partnership and entered into an arrangement with a farm owner. They are now milking over 200 cows.

Paidi is a keen sportsman and keeps active with a weekly hurling schedule.

BENEFITS GAINED FROM THE VIDEO SERIES AND 8 WEEK PROGRAMME

"Self-awareness and focus were always two things I tried to be conscious of. However, this course has made it crystal clear to me how to be more self-aware and focussed in the future. A few stand out points:

- This ability to focus made work more enjoyable. I really enjoyed working on the farm and being fully focussed on the job at hand rather than day dreaming about all sorts of things, good and bad. I can still daydream but on topics that I really want to daydream about!
- I now understand the things that challenge my ability to be self-aware and focussed e.g. being on auto-pilot and not being conscious of my thoughts, letting preconceived notions/ self-limiting beliefs influence my thinking, and getting bogged down and thinking about too many different things at once. This programme has helped me develop the ability to still my mind, notice unhelpful thoughts and focus on what matters.
- I'm the type of person who really loves a challenge. This programme has helped me to be fully focused on each challenge as I apply myself to it, to enjoy the challenge more and possibly most importantly, to switch off from these challenges and fully enjoy time with my family and friends."

TIME COMMITTED TO THE PROGRAMME: 1-2 HOURS PER WEEK

Focussed Farmers: Participant Profile

RESULTS

	Overall Average	Discipline & Focus	Conceptual Self	Results	Work/Life Stress
Current hMMI	7.63	7.70	7.68	7.52	2.18
Previous Scores	6.22	6.67	5.63	6.35	4.21



"I now understand 'the why' behind why meditation works to improve focus. As a result I am routinely meditating and I'm in more control of my own focus levels and will be able to handle challenges better in the future. "

Paidi Kelly, Dairy Farmer and Ag-Researcher. Ireland