



FOCUSSED FARMERS

Improve Your Focus for 2021

"Focussed Farmers offers grassroots farmers and anyone working in the agricultural sector, a mindfulness based, self-leadership programme, to develop more focus in your life and support you in creating a vision for what you truly want to get from life; from your business, your family, friendships, your health... and everything in between....those that are fully implementing these tools are achieving this vision - effortlessly"

Holly Beckett, Director Focussed Farmers



Programme Goals

Online Programme (Zoom)

The group online programme consists of 3 x online workshops with a following 3 x discussion groups and WhatsApp support network to introduce you to the techniques which increases focus, productivity and assists you to take full charge of your state of mind - the only thing in life that we truly have the ability to take control of.

Focussed Farmers have been working with farmers from all sectors since 2017 to support them in understanding the neuroscience and psychology behind mental training and personally developing mindfulness based tools in their daily lives, which have shown results to consistently improve focus, increase productivity and reduce stress.

To get the most from the programme, attendees are encouraged to join all workshops and discussion groups, although recordings for **workshops** will be made available;

- ✓ IMPROVE FOCUS
- ✓ REDUCE STRESS
- ✓ BE PREPARED FOR CHANGE
- ✓ INCREASE PRODUCTIVITY
- ✓ BOOST WELL-BEING
- ✓ LEAD WITH CLEAR VISION



Programme Structure

Workshops: 3 x 90 mins

The three workshops will be online and held at two week intervals. Exercises will be set at each workshop to complete over the following two weeks but designed to not take more than 10 minutes of your day to achieve quick results and; if followed will give you the time back in increased productivity.

Stress Begins in the Mind

We all know what it's like to feel stress but how many of us understand where it comes from, what the real effects are on our body and know that we have the ability to banish it altogether?

Mental Training Produces Results – Quickly!

Most people are aware of the positive effects that physical exercise has on the body – but how many of us are as up to date with the science that shows mental exercise is like going to the gym for your brain?

Why Vision & Goal Setting is Essential for Success

Everything we do begins in the mind, which cannot distinguish between past, present and future, but do we understand how we can use this to our own benefit in setting goals and more importantly – achieving them,



Programme Structure & Cost

Discussion Groups: 3 x 60 mins

Following the three workshops held over six weeks, three discussion groups will be held at monthly intervals, designed to keep you on track with developing your focus and mental exercise.

These are structured but informal opportunities for participants to ask questions and reflect on how their focus is developing and the progress being made with personal and business development.

WhatsApp Network Group

The WhatsApp group is optional to join but those that do participate, in general show more commitment and progress in completing the training exercises and developing a more mindful approach to their life and business, bringing about real and lasting change,

Programme Cost: £120* inclusive of;

- 3 x Workshops
- 3 x Discussion Groups
- WhatsApp Support

*This programme is training and development to enable you to do your job better and 100% tax deductible for business expenses (please check with accountant).



Personal Measurement & Coaching Option

Personal Benchmarking

For folks who perform more effectively with a measure of results to benchmark their progress, this additional option offers an online measurement survey to complete at the start and end of the programme to record their own development.

Mindfulness Measurement Index (MMI)

The Mindfulness Measurement Index survey comprises of 100 statements that provides a psychological snapshot of self-discipline, focus, state of mind, flow performance and stress levels and allows your facilitator to identify the immediate areas of focus to look at with you.

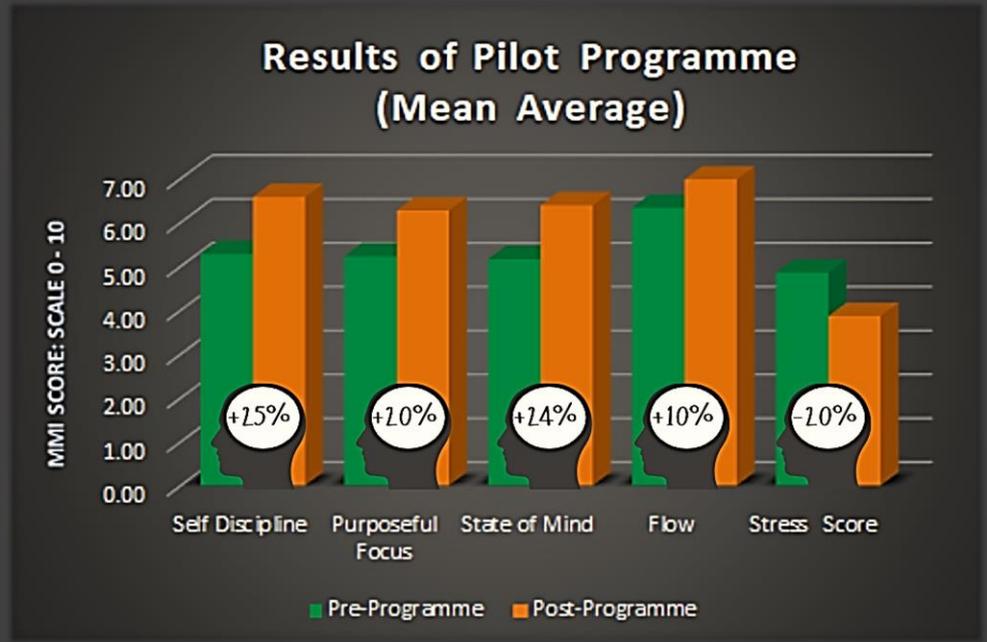
Personal Coaching

Three one to one coaching sessions are included to feedback results at the beginning and end of the formal programme and provide a catch up session mid-way to discuss progress and keep you on track.

Programme Cost: £325* Inclusive of;

- 3 x Workshops
- 3 x Discussion Groups
- WhatsApp Support
- 2 x MMI Surveys
- 3 x Coaching Sessions

*This programme is training and development to enable you to do your job better and 100% tax deductible for business expenses (please check with accountant).





What Others Have Found....

"I'm very grateful to FF for introducing me to some very achievable long term routines which look set to help unlock more clarity, focus and fulfilment in all aspects of work and home life."

"This course is something of a revelation. I certainly didn't expect it to have the impact it has had. Go with it, set aside small chunks of time each day and you'll be paid back in spades."

"The gains from focussing and meditating are like going to the gym for your brain. Only the results are quicker."

[Three minute video – click here](#)



Questions?

FOR QUESTIONS OR TO GET STARTED PLEASE GET IN TOUCH

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With thanks for support

