

# You and Your Wellbeing

## 2024 Olives NZ Conference



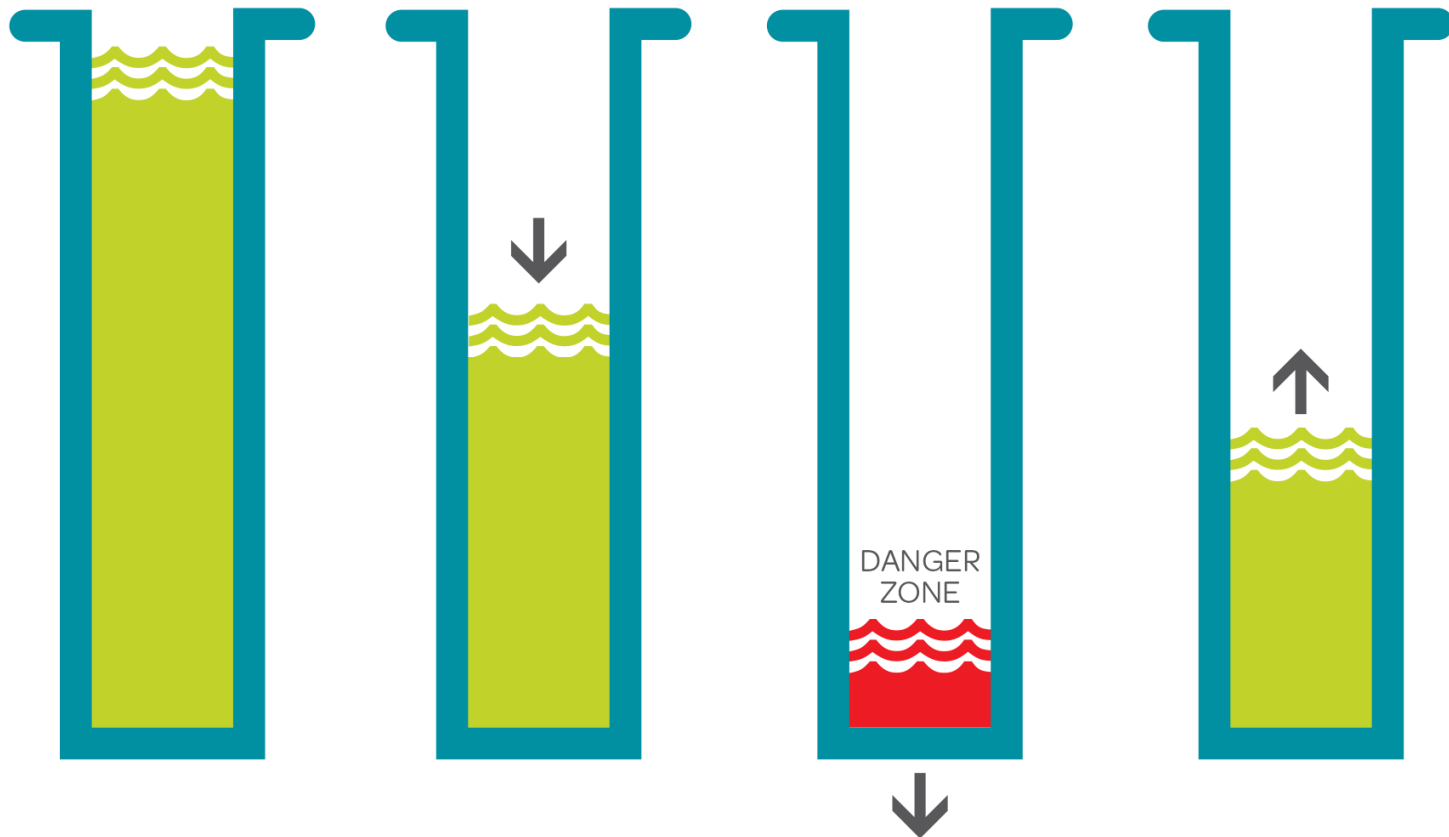
Find out what  
works for you  
then **lock it in.**

Sam Whitelock  
FARMSTRONG AMBASSADOR

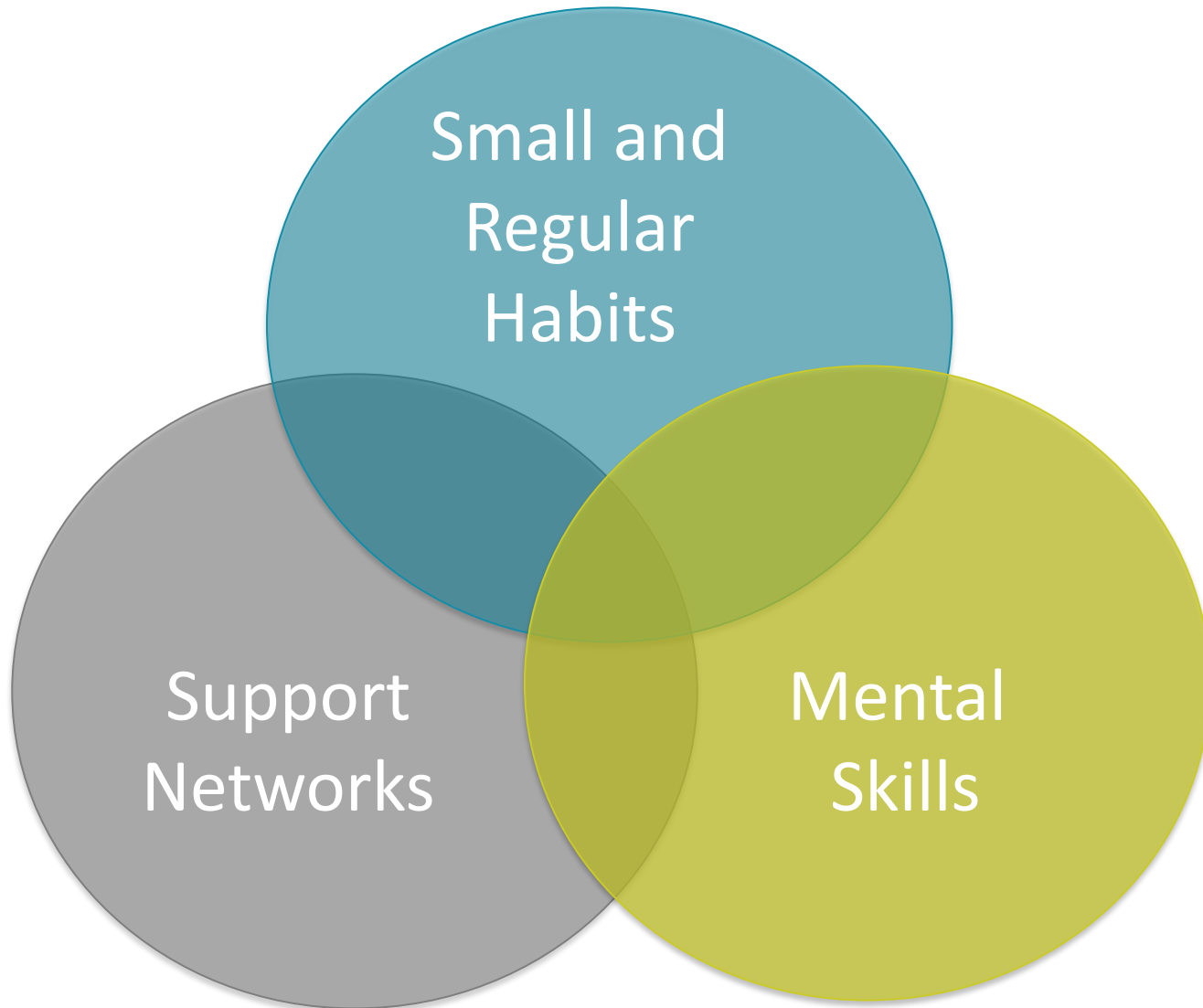
[farmstrong.co.nz](https://farmstrong.co.nz)

## What we will cover

- **What the science says**
- **What farmers and growers say**
- **What you think**









# FIVE WAYS TO WELLBEING



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



Your time,  
your words,  
your presence



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF



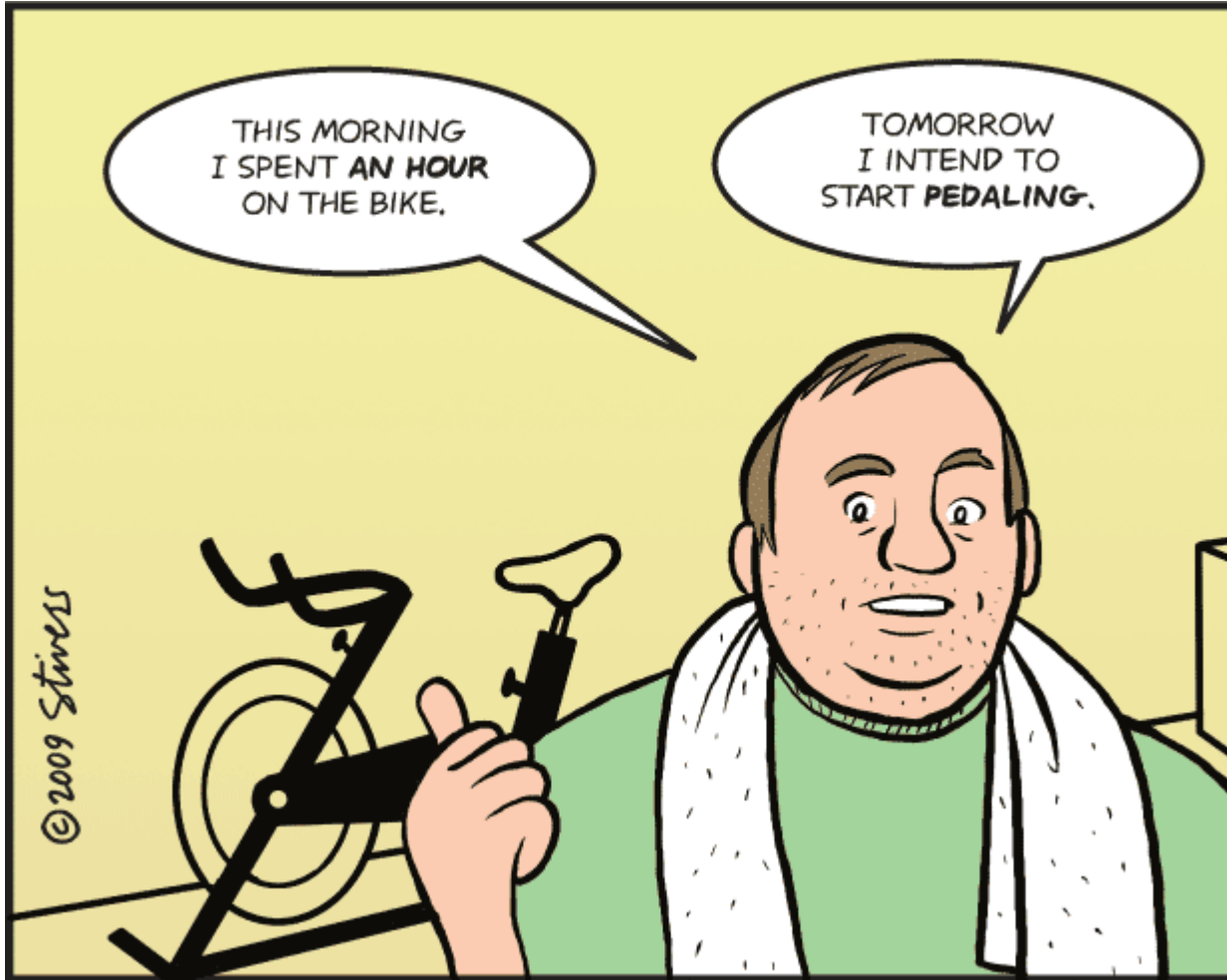
DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO  
YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

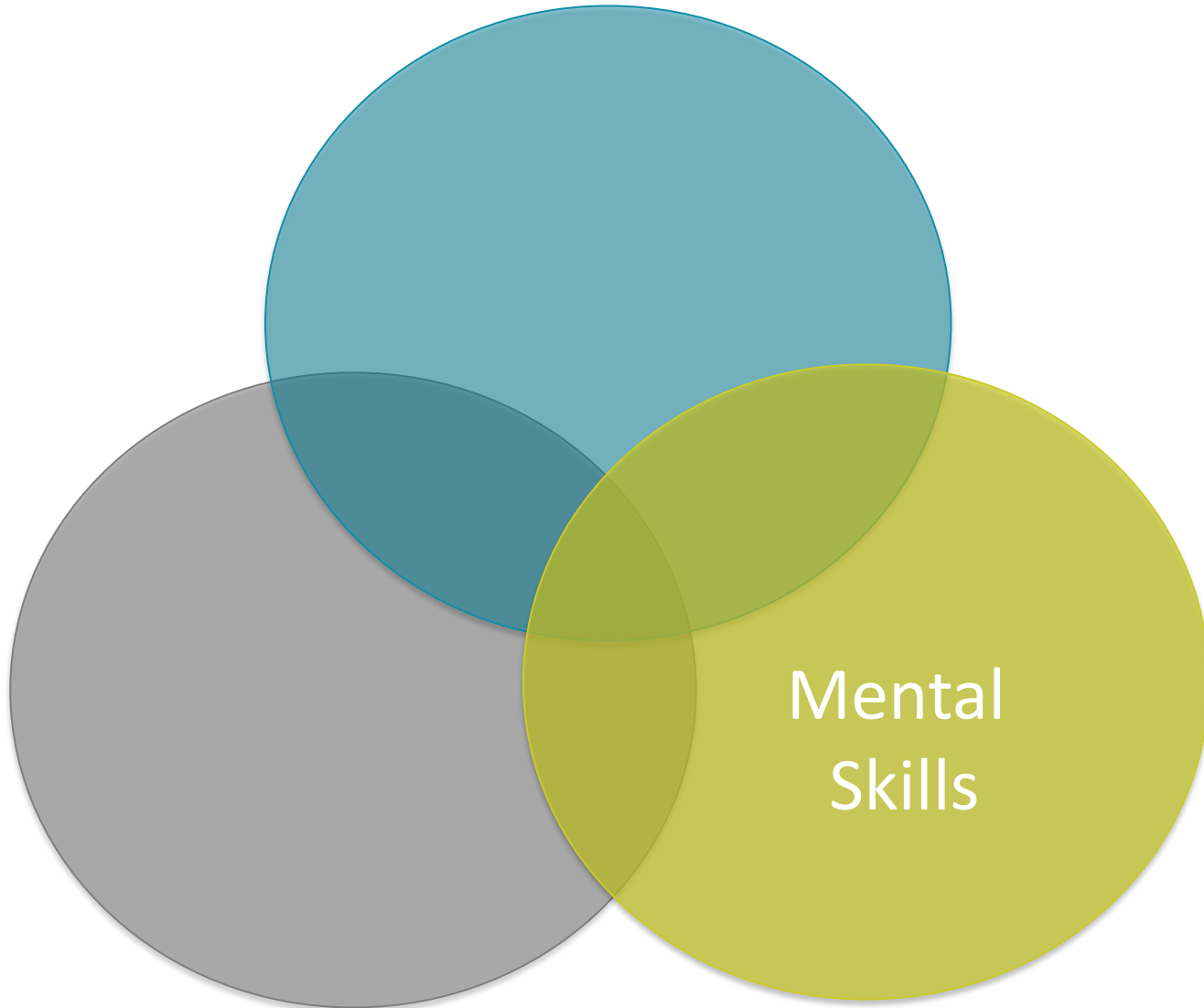
THIS MORNING  
I SPENT **AN HOUR**  
ON THE BIKE.

TOMORROW  
I INTEND TO  
START **PEDALING**.

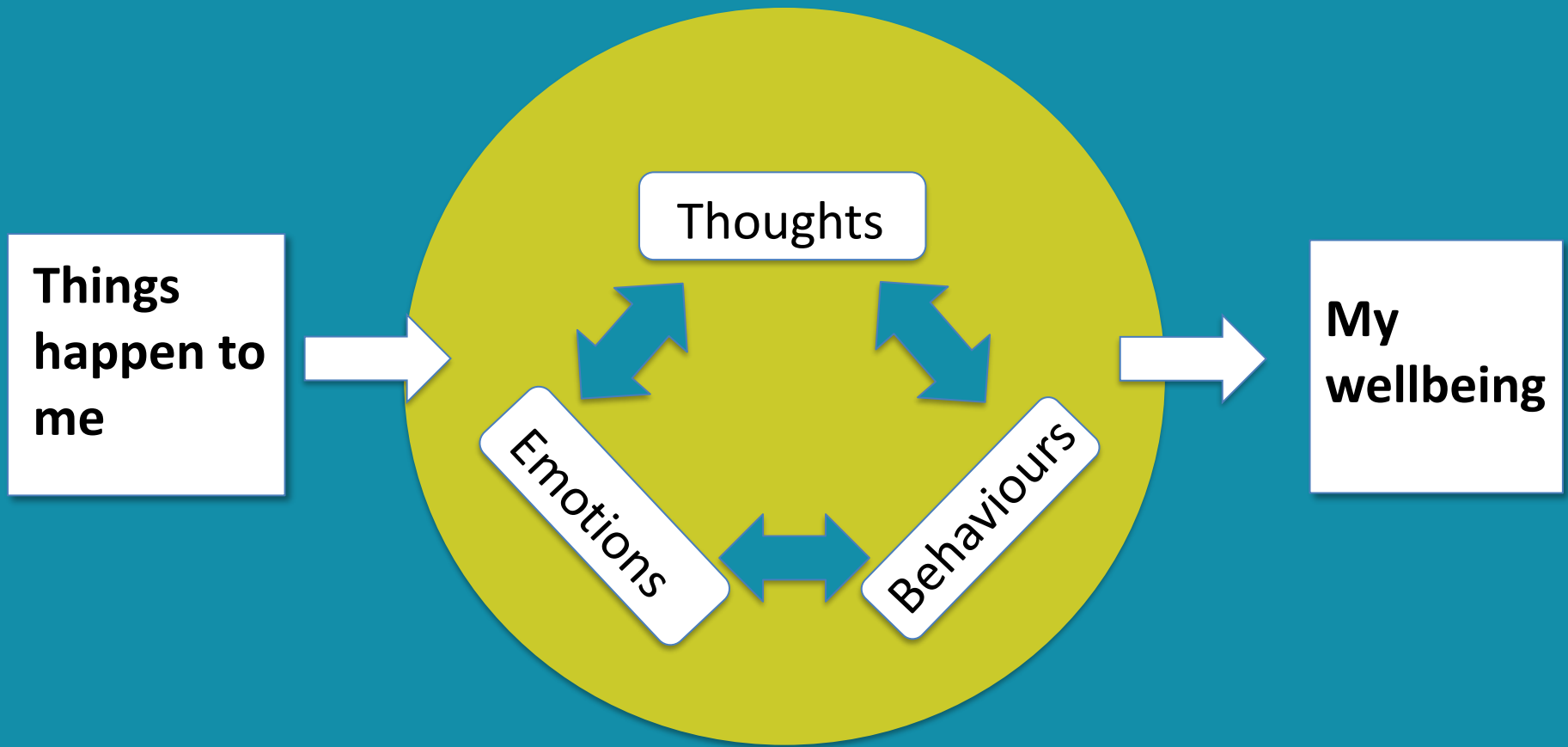
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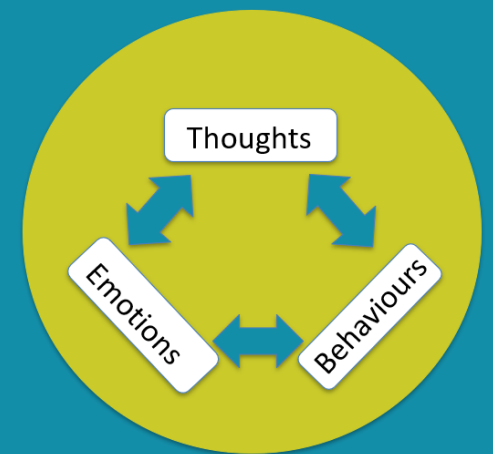








# Upward or downward spiral







## **Fixed Mindset**

**Believes qualities like intelligence and talent are set in stone.**

***'I was just born this way.'***



## **Growth Mindset**

**Understands that their traits can be developed, honed and improved through practice.**

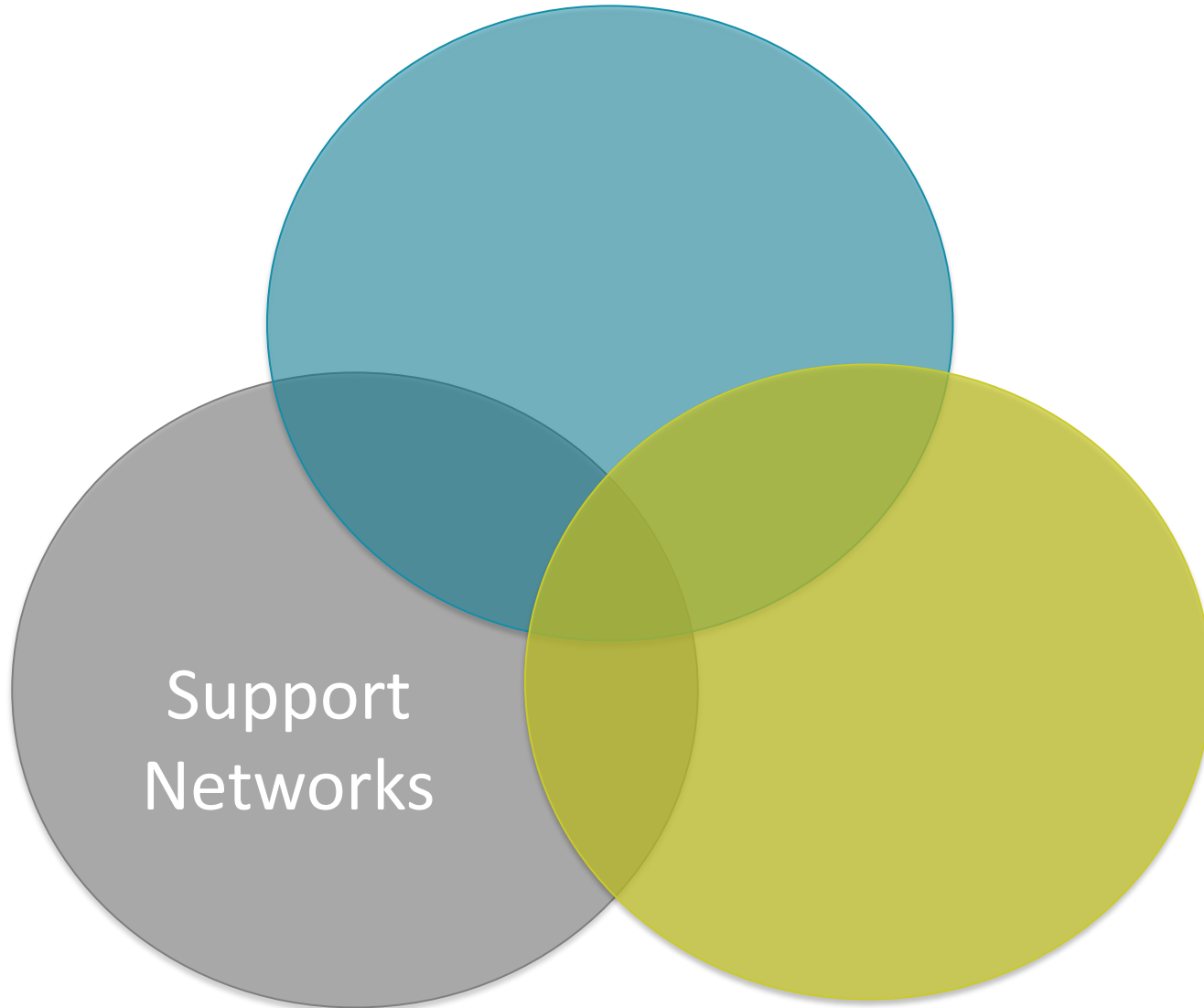
***'I can change.'***

	<b>fixed mindset</b>	<b>growth mindset</b>
<i>challenge</i>	avoids	embraces
<i>obstacles</i>	gives up easily	persists in the face of setbacks
<i>effort</i>	fruitless or worse	the path to mastery
<i>criticism</i>	ignores useful feedback	learns from criticism
<i>success of others</i>	is threatened by	finds lessons and inspiration
<i>world view</i>	deterministic	greater sense of free will
<i>self assessment</i>	inaccurate	accurate

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# Getting through

WHAT IT TAKES TO RECOVER FROM EXTREME WEATHER EVENTS







# HOW WE IMPLEMENT



Share stories of what works for farmers and growers



Partner and collaborate

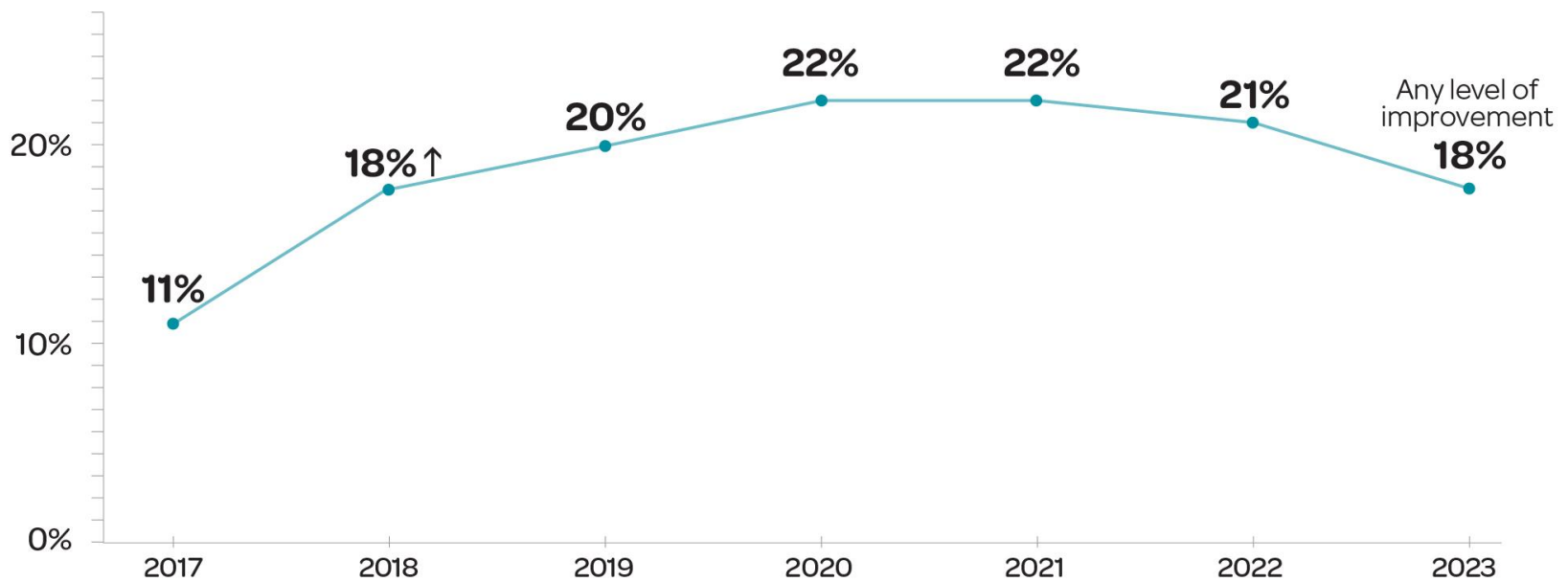


Create tools, resources and educational content



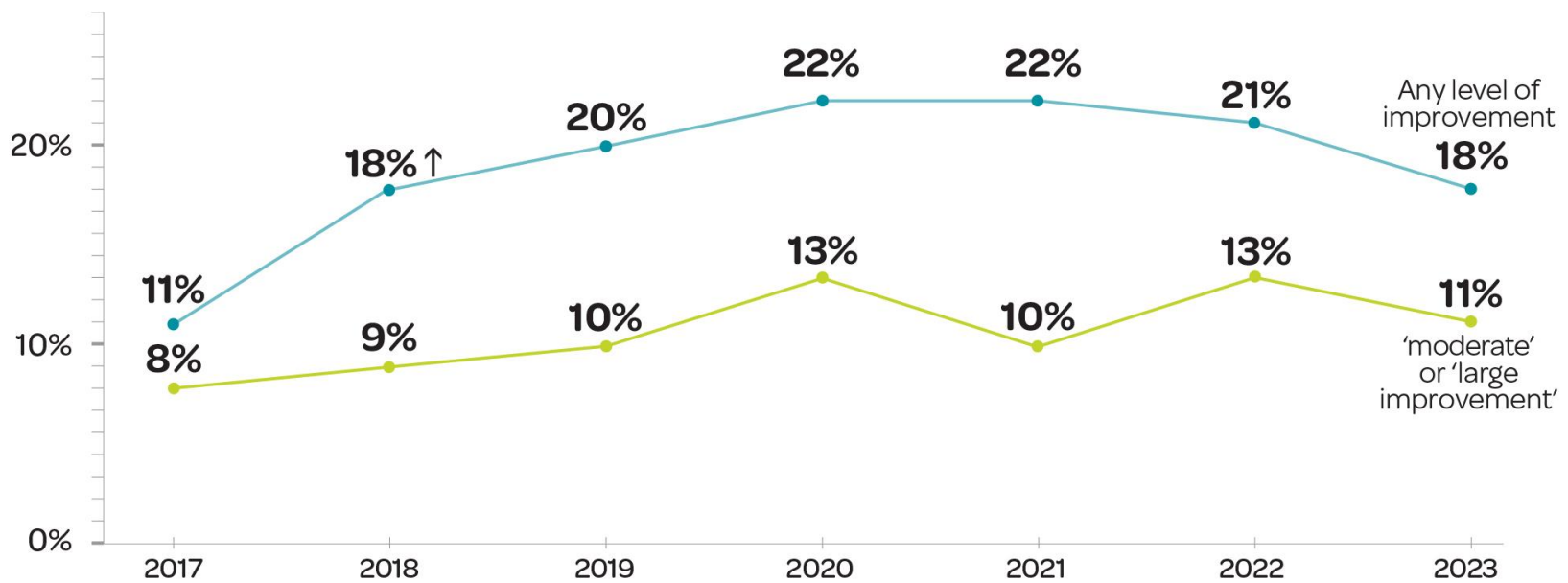
Measure and monitor progress and impact

## Improvement attributed to Farmstrong



↑ The upward arrows on the graphs indicate significant differences between years.

## Improvement attributed to Farmstrong



↑ The upward arrows on the graphs indicate significant differences between years.

# Thank you



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