

Farmstrong Scotland

partners with agricultural clubs, societies, groups and organisations across rural Scotland to deliver practical workshops, share real-life stories and organise engaging events to support people to thrive – on and off the farm...

ABOUT US

Who We Are

A practical, action-focused wellbeing charity for Scotland's agricultural community.

Why We Exist

To enable individuals in Scotland's agricultural community to lead happier, healthier and more fulfilling lives, creating more productive and sustainable businesses.

What We Offer

- ✓ Farm **Walk & Talks**
- ✓ **Blether Together** Live Events
- ✓ **Speakers** to attend events to talk about the steps they take to help them feel good and function well.
- ✓ **Workshops**

Our Message

PEOPLE ARE THE MOST IMPORTANT ASSET ON THE FARM.

Building small, regular wellbeing habits helps your resilience, reduces stress and keeps you feeling good and functioning well.

WORKSHOPS

Farmstrong workshops that can range from 15 minutes to a whole day.

- ✓ **Five Ways to Wellbeing**
- ✓ **Wellbeing Bank Account**
- ✓ **The Foundations of Mental Strength workshops**
- ✓ **Time Management**

The Foundations of Mental Strength workshops are a series of interactive workshops that can be delivered on their own or as part of a combined programme. The workshops help farmers and crofters build their mental strength and resilience in an ever changing industry covering six core areas:

- 1 Knowing Yourself:** We are what we experience – exploring the different factors that influence who we are today and understand how that knowledge can help you live well.
- 2 Living Well Through Values:** Understanding your values and the impact that knowing your values can have in how you farm and live.
- 3 Healthy Thinking:** A practical look at emotions as useful signals and a three step method to recognise and regulate strong feelings.
- 4 We Feel the Way We Think:** An introduction to twelve common thinking patterns and the impact that thoughts have on feelings.
- 5 A Growth Mindset in Farming Today:** A session focused on the realities of a fixed and growth mindset, with a practical GROW model takeaway.
- 6 Living with Purpose and Direction:** Exploring motivational drivers beyond financial return and the wider social and psychological factors that influence purposeful living in agricultural life.

To arrange a session or more information contact the Farmstrong Scotland team on hello@farmstrongscotland.org.uk