



## NAVIGATING THE ROCK AND THE HARD PLACE

Farming life is full of uncertainty and unpredictability. We might not always be able to choose what happens to us, we don't have control over when it rains or what the sheep prices do, but we do have control over the choices we make every day.

ACT for Ag is a practical skills program especially for farmers, their families and rural communities. Working with the unique challenges that we regional people face, the program teaches us how to adapt our behaviors and take steps towards what truly matters to us, even during the tough times.

### DEVELOP PRACTICAL SKILLS TO:

- Notice and observe your own experiences from a new perspective and zoom out from your situation



- Unhook from challenging and uncomfortable thoughts and reduce their impact on your behaviour and performance



- Untangle from work-related worry
- Build personal resilience, enabling an alternative response to stressful situations
- Improve your ability to live in the present (rather than entangled in thoughts of the past or future)

- Explore your personal values and define how you want to show up as a person, even during the tough times



- Apply to real life situations and take the steps that move you towards what's most important to you
- Help you support others when they may be struggling

**NAVIGATE TOGETHER**

**WITH UPPER NORTH FARMING SYSTEMS**

**4 WEEK ONLINE TRAINING COURSE INCLUDES:**

- 4 x 1 hour + 30 minutes optional Q&A time
- a hardcopy of the ACT for Ag handbook
- additional resources to keep you reminded and on track
- ongoing access to helpful tools, audio exercises and the course videos; and
- connections and support from others within the ACT for Ag community

**FREE**  
**BEGINNING 1PM**  
**WEDNESDAY Oct 27th 2021**