



Upper North Farming Systems
PO Box 323
Jamestown, SA, 5491
ABN: 859 8950 1980
Email: unfs@outlook.com

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ACT for AG in the Upper North – UNFS Members Expo Thursday 9th September 2021

Upper North Farming Systems Group is excited to be bringing the ACT for Ag – Navigate Together program to the farmers of the Upper North Agricultural Zone in September 2021.

Kicking off at the UNFS Members Expo being held Thursday the 9th of September at the Booleroo Centre Civic Centre, the ACT for Ag Foundation Workshop will be delivered by its developer Stephanie Schmidt.

Steph Schmidt is a Clinical Psychologist, Farmer, Mother and the 2020 SA Agrifutures Rural Women's Award Winner. Stephanie has a passion to bring practical, accessible, and relatable skills to farmers and rural communities, to build well-being from the ground up. As a farmer she is aware of the on-going challenges of farming as well as how rewarding the role can be. As a psychologist, Steph knows there are simple skills that we can all put into practice every day, learning to respond with flexibility and choose to do what matters most, even during stress and adversity.

The Foundation Workshop will cover building resilience into your business and life through improved decision making and awareness of triggers and reactions. The workshop includes an introduction to the Noticing Map Tool, a hands-on tool able to be used individually or within the business and between business partners to create clarity around decisions and emotions and help you to navigate the challenges farming brings.

Following on from the Members Expo there are 15 free places available in the online, four part workshop series being run from mid-September to mid-October for those that wish to hone these skills further. Registration for the four follow-up workshops are open now on the ACT for Ag website www.actforag.com.au.

ACT for Ag is based on Acceptance and Commitment Training, and it has been developed to equip farmers, and the people who work with them, with the tools to manage life on the land, and to be able to grow and thrive, not just survive. Acceptance and Commitment Training (ACT) has been shown to be an effective workplace training for improving wellbeing, improved workplace effectiveness and job satisfaction, and reduced burnout. The vision of ACT for Ag is that farmers with greater psychological flexibility will be more resilient and have greater wellbeing, their businesses will be more productive and efficient and able to adapt to inevitable changes and challenges in farming.

Not the only topic of the day, the UNFS Members Expo will incorporate 10 sessions with industry experts, scientists and farmers providing the latest info on improving the productivity and profitability of the soils and systems of the Upper North as well as the group AGM and opportunities to network.

Registrations open at 8.30am for a 9am start. New members are welcome. Annual Memberships are from \$50 - \$125 (individual – business) which includes entry to the event, all catering on the day, regular newsletters and seasonal updates and an Annual Research Compendium. Event Registration Required for COVID management. Event Registration and Membership on the website www.unfs.com.au. For more information: Kristina Mudge: admin@unfs.com.au 0438840369

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