

Healthy Thinking™ for farmers.



**Delivered by
Dr Tom Mulholland.**

Entrepreneur, Author,
Medical Doctor and
Wellbeing Advocate.

FARM  **STRONG™**
Live Well Farm Well

What's this all about?

Farmstrong is designed to help you look after the most important asset on your farm. You.

As part of Farmstrong, we're rolling out a series of presentations and workshops called Healthy Thinking™. They're delivered and facilitated by Dr Tom Mulholland from the Healthy Thinking Institute who will talk about:

- simple tools and techniques to help you understand your emotional alarms
- ways to apply these tools and techniques at home and work
- strategies to manage emotions like stress, frustration and anger
- first-hand accounts from others regarding their experiences and strategies that work in a farming business

If you'd like to know more about healthy thinking, visit farmstrong.co.nz and click on Healthy Thinking, or email information@farmstrong.co.nz



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