

Know your Mindset Grow your Influence

AWDT
Agri-Women's Development Trust
Supported growth

Positive change for your farm, family and community starts with you.

In a world moving faster all the time, sometimes it's best to just pause, cut through the noise and focus on what's really important to your family, farm and community.

Know your Mindset. Grow your Influence is a short, two-part personal development programme to help you respond to pressure and uncertainty with positive, meaningful action.

Alongside like-minded people, learn to respond to challenge, change and opportunity - like regulation or market changes - by exploring what you actually value.

Then, develop an action plan to:

- Understand how uncertainty, disruption and change impacts your thinking and behaviour.
- Clarify your priorities and mindfully direct your attention, energy and behaviour towards these.
- Positively influence the people, places and organisations that matter to you.

Format & Schedule

Know your Mindset. Grow your Influence runs across two sessions. To get the most out of the programme, attend both:

1. A 90-minute online workshop.
2. A 2.5-hour, face-to-face workshop. In some regions, two face-to-face sessions will run on the same day, at different times, to help work around your schedule. Only attend one of these.

Location	Format	Date	Time
Tararua/Wairarapa region	Online	Tue 27 July	7pm - 8.30pm
Pahiatua	Face-to-face	Wed 11 Aug	12pm - 2.30pm
Southland region	Online	Mon 6 Sept	7pm - 8.30pm
Invercargill	Face-to-face	Tue 21 Sept	12pm - 2.30pm or 6pm - 8.30pm
Waikato/BOP region	Online	Wed 22 Sept	7pm - 8.30pm
Lake Karapiro	Face-to-face	Wed 29 Sept	9am - 11.30am or 12.30pm - 3pm



Learn more
and register at
www.awdt.org.nz

Participant Feedback

“ It's really good to give time to stop and think about your mindset and reflect. Sometimes you get caught in the day-to-day and forget to process your own feelings/mindset. ”

“ Revisiting my values helped me understand the current disruption I am experiencing. It made me more aware of my behaviours that are unhelpful when under stress, which helps me find a more helpful way of moving forward. ”

Investing in You

Thanks to MPI, *Know your Mindset. Grow your Influence* costs just \$30.00 + GST per person – covering both the online and face-to-face sessions. Thanks to our partners for their support.

Ministry for Primary Industries
Manatū Ahu Matua



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