

KNOW YOUR MINDSET. DO WHAT MATTERS

Training for rural people
navigating change



We're all trying to front-foot change. But between new regulations, shifting markets, staff shortages, family issues and other challenges – knowing where to start can be hard.

That's why we're delivering 'Know your Mindset. Do what Matters' - a training programme supporting rural New Zealanders to manage multiple pressures, calmly and clearly.

Designed specifically for rural people – farming and growing families, teams, advisors and others across our rural communities – it's a chance to press pause, cut through the noise and focus on what matters most.

DOING WHAT MATTERS

'Know Your Mindset. Do What Matters' has supported participants to:

- Have better family discussions, particularly around succession planning
- Prioritise personal and family wellbeing
- Be more focussed and deliberate with the to-do list
- Take steps to improve team culture or behaviour
- Demonstrate personal or family values in a business
- Feel less alone after hearing others share similar feelings of stress or pressure
- Develop more empathy and recognise stress in others
- And more...

"The planning tools and values exercises helped us create the vision for our native tree nursery."

Dave Swney & Alice Trevelyan, dairy farming in Waikato

Programme #1 (online)	Session #1	Tuesday 7 June	7:00pm – 8:30pm
	Session #2	Tuesday 14 June	7:00pm – 9:00pm
Programme #2 (online)	Session #1	Thursday 9 June	7:00pm – 8:30pm
	Session #2	Thursday 16 June	7:00pm – 9:00pm

REGISTER AT WWW.AWDT.ORG.NZ

**ONLINE
PROGRAMME
FOR MEN AND
WOMEN**

With support from:

Ministry for Primary Industries
Manatū Ahu Matua



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