



The Lift Project is a 10-week lifestyle-based wellbeing adventure that uniquely brings together scientifically-proven strategies from the fields of Neuroscience, Positive Psychology and Lifestyle Medicine. The Lift Project is delivered online through our website, and is complimented by your own group meetings with your colleagues!

The Lift Project is lifting lives around the globe by equipping individuals with the skills to take charge of their own wellbeing, build resilience, and live a happier life!