



The Lift Project is a lifestyle-based wellbeing program that uniquely brings together scientifically-proven strategies from research in the fields of Neuroscience, Lifestyle Medicine, and Positive Psychology. It is lifting lives around the globe by equipping individuals to take charge of their own wellbeing, build resilience, and live a happier life.

Developed and presented by internationally recognised wellbeing expert, **Dr Darren Morton**, The Lift Project explores 10 wellbeing-enhancing topics over 10 weeks (with an emphasis on mental wellbeing) that are designed to lift individuals, groups, organisations, and entire communities!

RESULTS

^22%
VITALITY

∨42%
DEPRESSION

∨38%
ANXIETY

∨31%
STRESS

The effectiveness of The Lift Project has been investigated in several studies, with the **findings** showing significant reductions in depression, anxiety and stress, and significant improvements in vitality and life satisfaction.

The goal of The Lift Project is to lift 10 million lives. As a profit for purpose company, The Lift Project donates profits to initiatives that support human health, happiness and hope around the globe.

Endorsed Provider of



For more information, contact:



*The Lift Project is certified by the American College of Lifestyle Medicine,
and endorsed by the Australasian Society of Lifestyle Medicine.*

www.theliftproject.global / contact@theliftproject.global