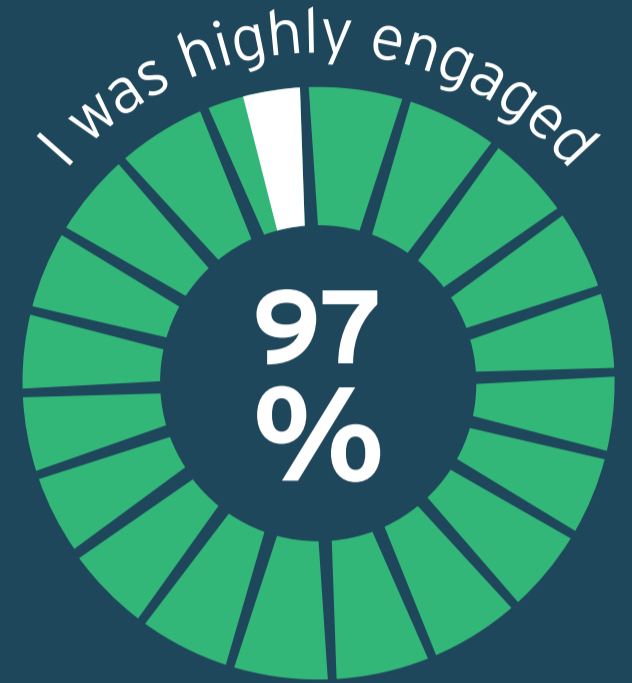
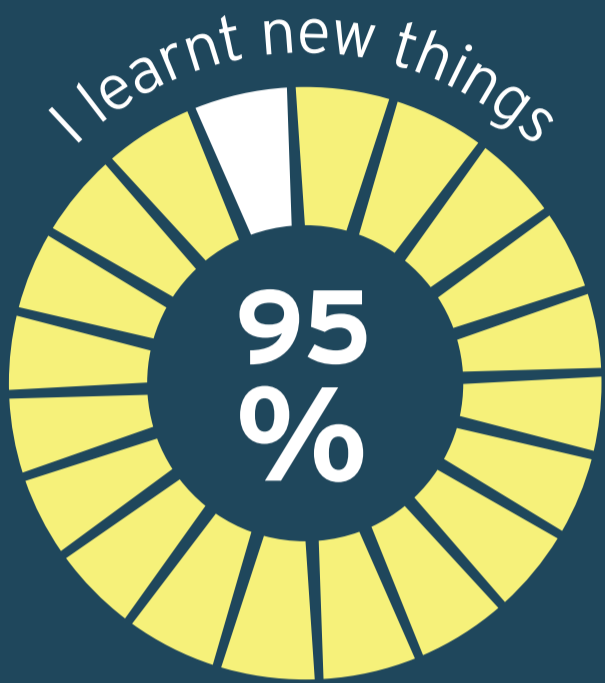





The School District of Lee County (Florida) registered over 300 teachers in The Lift Project. Here's what they had to say:

92%  **WOULD RECOMMEND THE LIFT PROJECT TO A FRIEND!**



"At the beginning of this program I found myself very stressed and much less happy. I feel this program helped me to get inside my head and look at it differently and handle it in a more positive way."

"I loved how much information and impact was made in such short videos. The videos were easy to understand and provided immediate skills you could walk away with."



“ I love the whole thing. Each session was interesting with great strategies, and they are doable. The presenter, Dr. Morton, was charismatic, engaging and relatable. I am honestly sad that the course ended. **”**

86% agree that The Lift Project is likely to have a **positive long-term influence** on their wellbeing!