



The School District of Lee County in Florida registered over 400 participants in The Lift Project. Here's what they had to say:

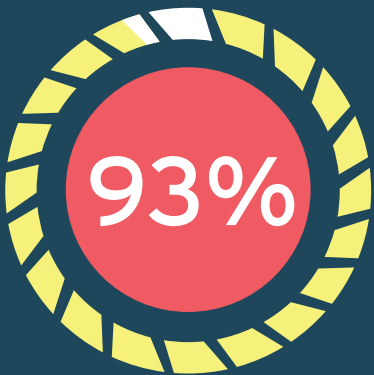
I liked several things about The Lift Project. First, the videos were very engaging and easy to understand. Next, I looked forward to receiving my weekly and mid-weekly emails for the next lesson to complete. It helped me start off each week on a positive note. Lastly, it helped broaden my mindset on what is needed to improve my wellbeing - both inside and out. Overall, this was a great experience and I would recommend this to family and friends.



“

What I liked best about the Lift Project was that it made me mindful of my control over how I react to things, like my self-talk and eating better. I wrote down a few quotes and keep them at my desk.

”



WOULD RECOMMEND THE LIFT PROJECT TO A FRIEND

88%

PARTICIPATING IN THE LIFT PROJECT IMPROVED MY MENTAL HEALTH AND WELLBEING.

91%

PARTICIPATING IN THE LIFT PROJECT GAVE ME SKILLS FOR SUPPORTING MY MENTAL HEALTH AND WELLBEING DURING CHALLENGING TIMES.

89%

UNDERTAKING THE LIFT PROJECT WILL BE LIKELY TO HAVE A POSITIVE, LONG-TERM INFLUENCE ON MY WELLBEING.



Our family went through a very personal trauma, I did not know how sad and depressed I was getting, The Lift Project was introduced through my employer and when I started to get into it, it started to make me feel and think positively, I felt alive and vibrant, it gave me peace of mind and hope.