

"With almost 4,000 residents of the Sunshine Coast registering for The Lift Project Sunshine Coast so far, I can say unreservedly that this amazing program has improved the lives of many people in our community, and the feedback has been overwhelmingly positive."

Helen Szabo (Community Development Officer, Sunshine Coast Council)

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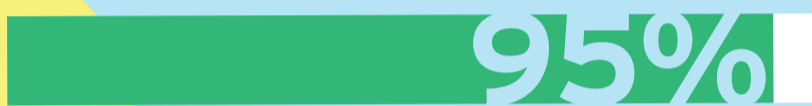
Participants in The Lift Project Sunshine Coast said...

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“I LEARNED WHERE HAPPINESS AND WELLBEING COME FROM. TURNS OUT IT'S MUCH EASIER TO GET TO THAN I ORIGINALLY THOUGHT. THIS PROGRAM CHANGED MY LIFE! THANK YOU SO MUCH.”



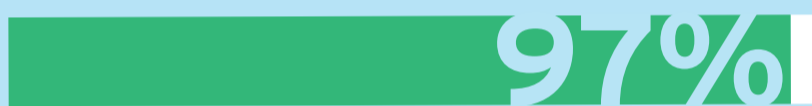
It improved my wellbeing



I learnt new things



I benefitted from the challenges



It was easy to understand



“THE WEEKLY LESSON INSPIRED ME TO TRY DIFFERENT THINGS BY GOING OUT OF MY "COMFORT ZONE". THIS, IN TURN, BOOSTED MY SELF-CONFIDENCE AND IT BECAME EASIER TO DO THESE THINGS. IT WAS A FUN WAY TO LEARN BUT IT CHALLENGED ME AS WELL. THE LESSONS COVERED SUCH A BROAD SPECTRUM OF ACTIVITIES, INCLUDING FOOD AND EXERCISE. I WOULD HIGHLY RECOMMEND THIS TO PEOPLE OF ALL AGES.”

“EVERYONE CAN DO WITH A 'LIFT' NOW AND AGAIN. AND THE LIFT PROJECT CERTAINLY PROVIDED THAT FOR ME. I ENJOYED IT TREMENDOUSLY AND GAINED VALUABLE INFORMATION.”

98%
would recommend
The Lift Project
to a friend

“REAL AND ACHIEVABLE WAYS TO IMPROVE WELLBEING.”