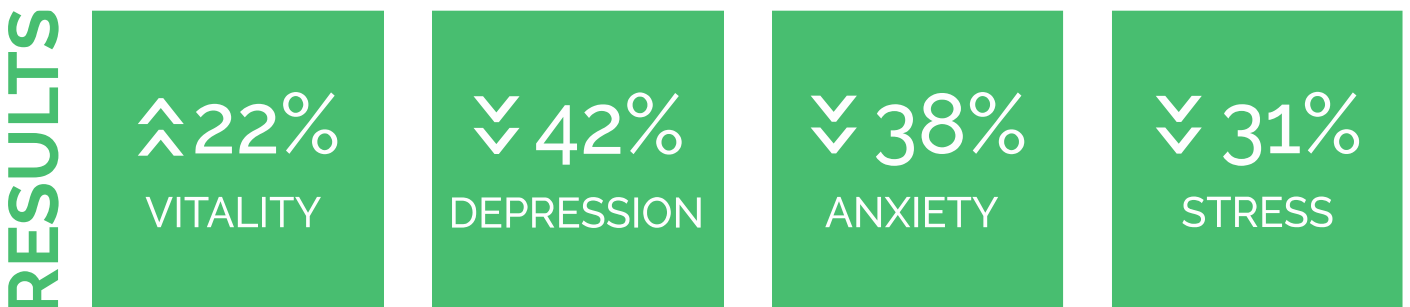




The Lift Project (www.theliftproject.global) is a positive way to approach mental wellbeing. It is a lifestyle-based program that uniquely brings together science-based strategies from research in the fields of Neuroscience, Lifestyle Medicine, and Positive Psychology.

Developed and presented by internationally recognized wellbeing expert, [Dr Darren Morton](#), The Lift Project explores 10 wellbeing-enhancing topics over 10 weeks. Delivered online but designed for group engagement, The Lift Project has lifted tens of [thousands of lives](#) around the globe in healthcare settings, workplaces, schools, universities, and entire communities!

The effectiveness of The Lift Project has been investigated in [numerous studies](#) showing significant reductions in depression, anxiety and stress, and significant improvements in positive aspects of mental health such as vitality and life satisfaction.



To view a trailer of the program, visit [The Lift Project website](#) where you can also view a [sample lesson](#).

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

*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



Over 5000 people participated in The Lift Project!

Elmira City School District • Finger Lakes Area School Health Plan (FLASHP)
New York State Association for Health, Physical Education, Recreation and Dance (NYS AHPERD)
Genesee Area Healthcare Plan (GAHP) • Steuben Area Schools • Smola Consulting



"I liked how it was organized into nuggets of information that were presented in a realistic amount of time which I could then process, and be conscious of, for an entire week afterwards. I also liked that it was science-based. It was a very positive experience."

93% would
recommend
The Lift Project
to a friend

"The lessons are practical and fun, and the challenges demonstrate that practicing them does not require an overhaul of our life. Simply put, this is the best well-being program I've ever done."

84%

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.

81%

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



“

I absolutely love this program! What I like the most is that it has simple, obtainable life shifts that give you a huge benefit. The strategies are tangible. You can use bits and pieces to begin the 'lift', and take on as much or as little as you need to as you move forward. I recommend this program to everyone I know.

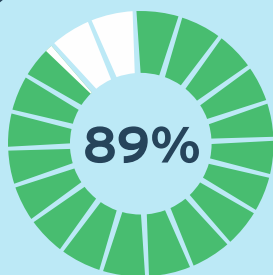
”

More than 495 people signed up to participate in The PHN Lift Project!

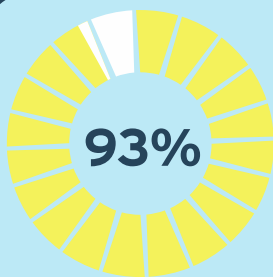


I found The Lift Project tied together all aspects of my life that I could control and gave me a reason why my brain was struggling. It made me feel more human. Some days are better than others, but I think about the lessons I've learnt and try to engage in one of the themes. I think this teaching should be mandatory for workplaces and in schools. I believe it would make a huge difference in people's lives.

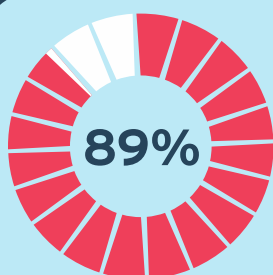
Respondents (N=36) said participating in The Lift Project:



gave me skills for supporting my mental health and wellbeing during challenging times.



improved my mental health and wellbeing.



is likely to have a positive, long-term influence on my wellbeing.

93%

WOULD
RECOMMEND
THE LIFT PROJECT
TO A FRIEND!



I have found myself viewing things in a much more positive light and encouraging others to be kind and compassionate, not just to others but to ourselves as well.

“ I have shared the link with family and friends and highly recommended The Lift Project to them. I found it to be very worthwhile. I am so glad it was shared in our health region so I could participate. It has given me hope and lots of things to work towards to improve my life and give it meaning. ”