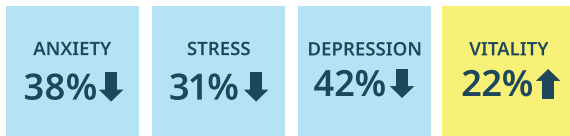




For more information
contact@theliftproject.global
www.theliftproject.global

The Lift Project is a premier, evidence-based,
mental wellbeing solution designed
to lift individuals, groups, organisations,
and whole communities!

The Lift Project is lifting lives around the globe
by equipping people with skills to take charge
of their own wellbeing, build resilience, and live a happier life.



Published Outcomes: www.theliftproject.global/research

"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."
The Lift Project participant