



NATIONAL CENTRE FOR
**FARMER
HEALTH**

Sustainable Farm Families -

*the most important aspect of a healthy
Australian farm?
A healthy farming family*

Welcome back to Workshop 2



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Sustainable Farm Families™ - The most important aspect of a healthy Australian farm? A healthy farming family



Team introduction

- Facilitator - name & department
- Health professional - name & health service
- Health professional - name & health service
- Data coordinator - name
- Observer - name
- Industry Group - name & industry group

Please ensure that the team is quickly re-introduced to the group especially if there are any team members that have not attended the program before.



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Group Reflection



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In your table groups

Discuss the following questions:

- Has the program made a difference to you, or your family's, health and wellbeing over the last twelve months?
- Has it changed your attitudes?
- Has it changed your practices?
- ★ If yes, what has changed and how do you feel?



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Individual presentations of action plans



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Presentation of individual action plans

Think about the following:

- How did you go?
 - What happened?
 - What have you learned from the experience?
 - How would you rate your achievement?
-
- ❖ Please present your goal, how you planned to achieve it and how you rate your achievement?



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When participants are sharing their action plans and achievement rating please encourage positive ratings. Obviously the greater the number the better.

Over the program it is important that we report on this session and the impact it has had on the group.



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The Martin Performance scale

5. Great results! Beyond my expectations
4. Had an impact that others could see
3. Followed through with moderate results
2. Got started for a few weeks
1. Thought about it
0. Did absolutely nothing



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SFF Resource Kit

- ★ Have you referred to your resource kit since last workshop? (eg. lent it to someone, referred to physical assessments, looked up a topic)
- ★ If yes, what parts have you found useful?
- ★ Were there parts missing?



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Reporting on the use of the resource kit is a key component of the program. Please ask the group for a show of hands if they have referred to the resource kit or have used it in any way throughout the year.

The number needs to be recorded in the focus group

The chapters and/or the information needs to be recorded



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**Thank you for your
participation**

Enjoy the rest of the day



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