



NATIONAL CENTRE FOR  
**FARMER  
HEALTH**

# Learnings and Action Planning



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



## Learnings

**Now you have completed the workshop, please answer the following question and share with the group**

1. What are the 3 most important learning's for you as a result of participating in this workshop?



## Action planning

### Please complete your action plan

1. What actions do you plan to take over the next 6 months in response to these learning's?
2. Discuss these actions in your table groups and share at least one of them.



## Action planning

- ❖ Write down up to 3 actions on your Action Plan

### Remember to be SMART

- specific,
- measureable,
- attainable,
- realistic and
- timely



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## Thank-you for participating in Sustainable Farm Families

**Before you leave today please complete and return**

- Program Evaluation Form
- Ensure we have your email address for eNews
- Action plans
  - we will send out copies of your action plans within the next two weeks

***Remember no point in having a better bottom line if  
you are not there to enjoy it***



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## Sustainable Farm Families



**Good-bye and thank you  
Yaapeet farm families**

*See you in 6 months!*



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