



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 3



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## 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.



### 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?
- ❖ 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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- ★ 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?

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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## Newsletter

- ★ Have you received the newsletter (e-news)?



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**eNews**

- ★ Did you find the newsletter useful?

- ★ Your contact details

- please update contact list including email



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Make sure you know what the eNews is and refer to the latest one received and the topics it included

Please ensure the contact list is updated for all participants



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**Thank you for your  
participation**

**Enjoy the rest of the day**



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