



Be Your Best Self

© Hazel Mackenzie

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“I attended the Be Your Best Self workshop earlier this year and found it extremely beneficial in a number of ways.

“The interactive nature of the course created an open and relaxed atmosphere which helped put everyone at ease. As a group we bonded and set an honest tone. This made it easier to not hold back on what I felt comfortable sharing.

“I was intrigued by all the attendee’s backgrounds, their aspirations and where they came from.

“The different exercises during the two days made the workshop interesting and thought provoking. The exercises led to an in-depth debate on what obstacles spring up when we try something new or introduce change into our lives.

“The workshop highlighted to me how, as individuals, we all have the same or similar ‘hang ups’ about ourselves. The course gave out the message that it’s okay to show your vulnerabilities (depending on the situation) and it’s actually a sign of strength not weakness.

“A huge bonus included in the course was the inclusion of dinner and an overnight stay, which helped everyone on the course to get to know each

other better. We were privileged to receive an after dinner speech from a very courageous and inspiring farmer, Joyce Campbell. Joyce came across well and told her story in an upfront and open manner.

“Since the course it’s been phenomenal how well the group has gone on to support every one of us. Regular Zoom catch ups hosted by Sheila Campbell-Lloyd are a great way to touch base and see how everyone is doing.

“Sheila has also organised a number of online events, such as setting up different talks from individuals who have carried out innovative diversification projects. Plus the private Facebook group page is a safe place to share anything that anyone wishes to share with the group, whether on a personal level or not.

“I would thoroughly recommend this two-day workshop to women who work in agriculture. It will create positive beginnings in your life and set you on a deeper growth mind-set for your destiny.”

Hazel Mackenzie took part in the Be Your Best Self pilot course, March 2020.