**This is the vision for Project Grow**

**VISION**

**Seeking wisdom from nature and practicing mindfulness people, world wide, are achieving life’s most important goals.**

PG teaches participants to find stillness in their day whilst growing a sugar snap pea plant. Participants draw learning’s from parallels of nature. Life and nature are similar concepts because nature is the study of how life acts within the circle of existence. This self-educational program is an individual journey facilitated by nine modules over 12 weeks.

PG has a vision to reduce fatigue, burn out, associated health issues and decrease in job retention. This can be realised by adopting the practice of mindfulness and connecting people to nature.

At the completion of PG you will be increasingly

* Present at your job
* More effective as a leader
* Making better decisions
* Working better with other people
* Value the time to be mindful
* Spend time observing nature