



WHAT IS THE LIVING PROJECT?

It's our mission, it's how we exercise caring, it's where we unite in this common 'purpose'! Caring For Our Collective Wellness. The Living Project is our opportunity to work together catalysing our efforts, inspiring and encouraging one another as we move to realise greater wellness socially, environmentally and economically. Ultimately The Living Project is a core of co-creation and innovation, it provides a means for others to channel their purpose, their passion all within the context of Caring For Our Collective Wellness.

OUR STORY



Extraordinary things happen when we dare to step outside our comfort zone. This all began in a small Kiwi family decades ago – let's just call it the "Say I Can!" family. Four people, very unique individuals, who encouraged and inspired one another to be curious, to question, to wonder, challenge and explore. This led us to a vision, aspiring to a different way of Living in this world. The Living Project. – an extraordinary exercise in uniting people within a common purpose: Caring for Our Collective Wellness.

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OUR VISION

To live life within a thriving, interconnected Wellness ecosystem. The experience of Being in a world where we have transformed our social needs, living in harmony with nature and consciously working together in creating a vibrant and healthy world to live in. Living in a state of health and prosperity, where holistic wellness is established as the key to measuring our progress.

From SURVIVING to THRIVING



SURVIVING

We face many challenges in our societies all around the world – problems in our systems for health, education, business, environment and governance. These problems can seem overwhelming and feel like there isn't much we can do to make a difference. With The Living Project, there is a way forward.



THRIVING

As individuals, our capacity to bring about change is incredible, and when we work together for a common cause, our efforts become amplified. The Living Project is about working together to create wellness in all aspects our lives. Wellness begins the day we decide to take action over something we truly care for.

THE LIVING PROJECTS

Holistic Approach to Caring

Looking at Wellness from an
interconnected ecosystem
approach





WE START BY CARING

Caring is where it all begins! Life and our existence depends on us Caring. Care is an instinctive interest or concern that moves us all to take action. Caring sits at the heart of effective change. Let's unite in Caring for our Collective Wellness

"Caring is reciprocal. To the extent one truly 'turns toward the other,' one is altered. To the extent one brings the other to life, one also becomes more fully alive."

~ Irvin D. Yalom

THE PATH FOR WELLNESS

All life is on a wellness scale

The state of Wellness we experience is fluid, it changes and evolves as we do. When we set conscious intentions around wellness, we discover, experience & enjoy new levels of vitality in all that we do.



By integrating Wellness Principles into every 'Living Project', we benefit our communities, businesses, organisations and systems and together we work to enhance wellness in every aspect of life.

PRINCIPLES OF WELLNESS

Supporting Wellness in all Living Projects from the 'inside out',
These Principles of Wellness form the foundations of all Projects

Caring

At the core of human nature is caring. Our kindness, generosity and support for all life

Health & Wellbeing

Realising greater Collective Wellness depends on us caring for our personal health and wellbeing. Physically, mentally, emotionally, socially and spiritually

Guardianship

Working together to protect, preserve and care for our natural environment

Unity

Oneness. Identifying that all life is inter-connected and that we are, sharing the earth together

Spiritual Vitality

It is the life force that is central to a healthy living spirit. This underlying energy is the very foundation of life and wellness

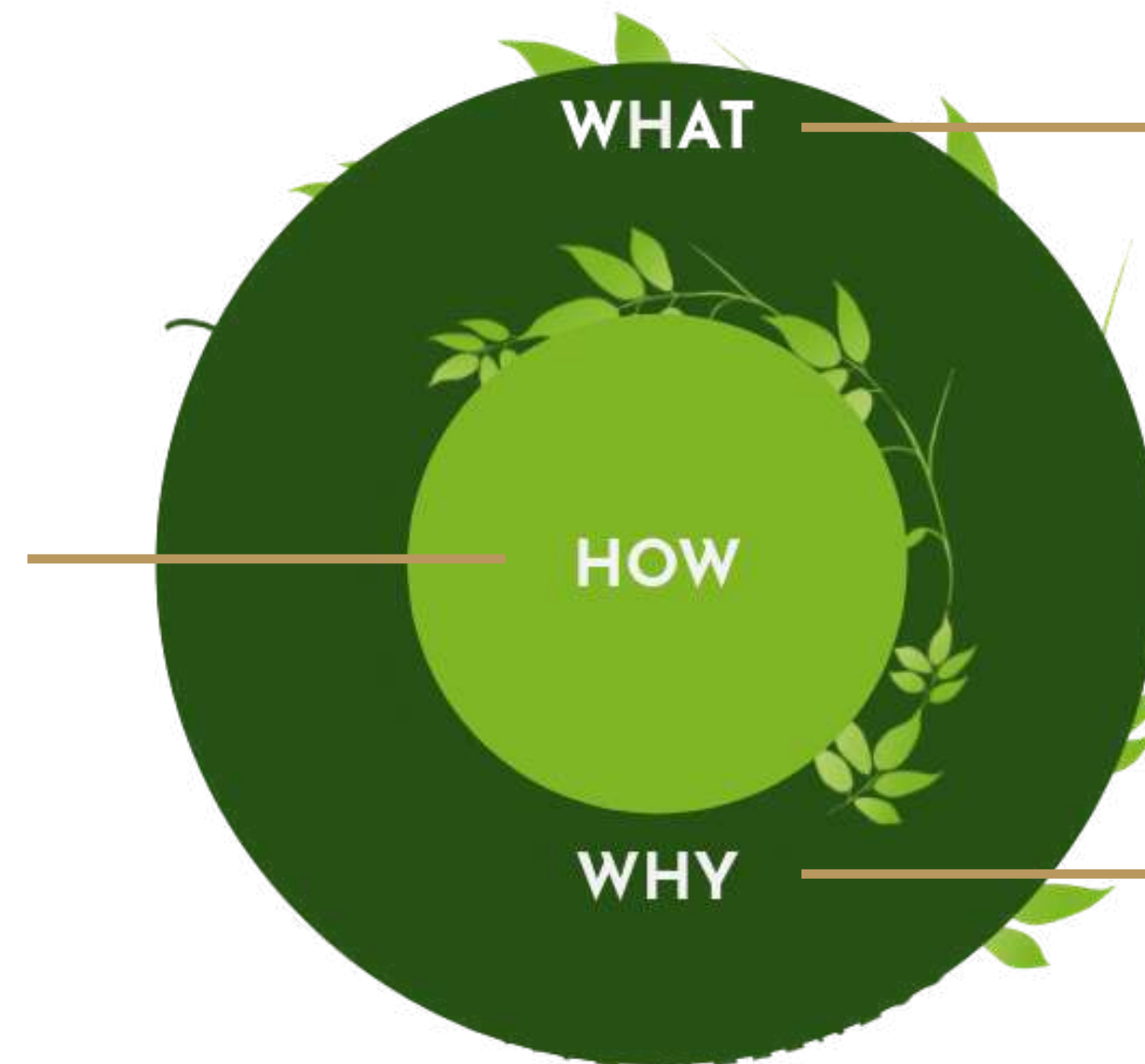


WORKING TOGETHER ON LIVING PROJECTS

We invite you to join us on the Project you care for

How can we make a difference?

Let's start by getting connected.
We are creating a community of people who believe in working together to affect change.



What Project speaks to your passion?

We each have our unique strengths to contribute to society. Choose a Living Project where you feel inspired to use your talents to make a difference.

Why join The Living Project?

Because we care too. Caring is a principle at the heart of everything we do, and our mission is to work together to help bring greater Wellness into every Living Project.



JOIN US IN A 'LIVING' PROJECT

Essential change and transformation requires that we share our wisdom, knowledge and insight to guide our actions. Let's work together on a living project that your inspired by

Connect with us connect@thelivingproject.co.nz

"When I is replaced with WE, Illness becomes Wellness" - Shannon L.Adler

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