

12 May 2020

RECIPE FOR SUCCESS

Many people living with cystic fibrosis (CF) can claim amazing accomplishments. At CFA we take every opportunity to celebrate CF heroes like Evie who won the Queensland First National Leadership award last year and Harry, the famous Australian jockey.

I am constantly inspired by people with CF and this is important because it offers a special kind of hope to those who struggle every day with CF symptoms.

CF is different for everyone, but it certainly is amazing and galvanising to witness people with CF like Nathan Charles go out and represent Australia at the highest level of Rugby Union.

But this year we can all be CF heroes like Nathan, in fact, in view of the current COVID crisis, we are called upon to meet the challenges of diet, exercise and good adherence to treatments to keep our bodies in the peak of health.

CFA has assembled a Consumer Connect panel for next week and our topic will be **Motivation, Goal Setting and Behavioural Science.**

Nathan Charles and Scott Taylor (co-founder of a CF-favourite App called 'Perx') will be talking about what it takes to achieve and keep meeting goals and personal expectations.

Scott Taylor's background is in Behavioural Economics and he and Nathan have a deep well of knowledge about the hidden engines of motivation, the value of goal setting and about the specific challenges facing those with CF.

Follow the link to sign up for the session and submit a question or two, then join us live at 6:30pm on the 20th of May for a 'deep dive' on procrastination, incentive structures and real world success.

<https://cfa.padlokt.com/consumer-connect>

Kind regards



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