



Psychosocial Safety  
and Leadership  
*Awards*  
2026



## The Lift Project

### FINALIST

#### Innovation in Psychosocial Risk Management

The Lift Project developed Lifting Lives to address the human side of psychosocial safety through an evidence-based and accessible approach. It blends neuroscience, positive psychology, lifestyle medicine and behavioural science to help people understand how stress and emotional load affect wellbeing and performance. Science-based strategies support emotional regulation, optimism and resilience, while shared learning experiences build trust, connection and open communication.

Reported outcomes include improvements in mood, stress levels and emotional regulation, along with stronger interpersonal connection and trust. Leaders have demonstrated more supportive, calm and empathetic behaviours, while teams have shifted from reactive to proactive wellbeing.

The judges noted the critical need to address the human side of health and safety, including how people think, feel, connect and behave, recognising Lifting Lives for its evidence-based, uplifting and highly accessible approach.

*10 September, 2026 – Tweed Heads*