



## EXPERTISE

- > Regenerative Agriculture.
- > Systems/holistic thinking.
- > Biological systems for ag' and hort'.
- > Relationship building.
- > Coaching groups & individuals.
- > Field day facilitation.
- > Soil health assessments.
- > End to end process planning.
- > Auditable systems.
- > Authoritative communication.

## EDUCATION

**Massey University**

**Diploma of Horticultural Management**

## ASSOCIATIONS

**Toastmasters**

**Level 2 Presentation Mastery**

**Hawkes Bay Farm Forestry Assoc**

**Member 1995 -  
Committee 2019 -**

# Michael Cashmore



## INTEGRITY SOILS

### Regenerative Agriculture Coach

Michael is a Regenerative Agriculture Coach with Integrity Soils based in New Zealand. Passionate about diverse landscapes, Michael puts knowledge and experience accumulated across 40 years of nursery, orchard, farm, and business management into action to empower farmers and growers to achieve positive change in their businesses and lives through optimising soil health.

Coaching and leading from a well-grounded perspective, Michael is highly focused on customer success. From experience, Michael knows desired outcomes are achieved from planned process. His approach is to collaborate to look at things differently to get to outcomes beyond the status quo, take progressive steps, set targets, then reset for the next gains. Seeing people passionate about what they're doing succeed, and succeeding at their own definition of success is the most satisfying outcome.

With an established track record of empowering farmers and growers to gain an improved understanding of their situation and identifying options for optimising soil health, Michael willingly brings his expertise to one on one coaching, technical field days, and workshops. A natural story teller, Michael is able to use his supportive style and good humour to give an audience access to challenging topics, enables the additional insights that can be gained from open and effective Q&A, and likes to present interesting material that keeps people engaged - whether that's in person, in blogs and reports, or workshops. While economical with words, Michael is skilled at painting a picture that brings others along with a topic, and brings them actively into the discussion.

# Michael Cashmore

## Regenerative Agriculture Coach & Facilitator

### Testimonials

#### From clients

*"Outcome focused regenerative farming advice and philosophy sits well with my ethics. Michael makes it easy to understand and implement."*

Farmer, Otago NZ

#### From Integrity Soils workshops:

*"Michael gave practical solutions to the theory I've been reading about."*

*"Michael challenged us to put more into practice."*

*"I Invested in wire and water and have created a functioning grazing cycle."*

#### From Toastmasters:

*"Keeps audience engaged with interesting, well-constructed content."*

*"A good delivery pace and use of pause which enables the audience to take in everything."*

### CONTACT

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### Topics & Experience

Active and interested in a diverse range of topics, Michael's curious mind and drive to understand how things fit together causes him to consistently seek out new knowledge and experiences to build into his work. The following are just some of the topics and experiences Michael already builds into his coaching - taking the opportunity to pass on information and know-how that is genuine and practical:

- Soil health & monitoring.
- Regenerative Agriculture.
- The Regenerative Agriculture "rock stars"; their beginnings, and insights into what ignited their passion and interest.
- Systems thinking - what to do with those "lightbulb" moments.
- Whole farm and production planning.
- Monitoring for success - setting up auditable systems.
- Organisational management.
- Implementing plans to get to desired outcomes.
- Mind-set.
- Problem solving approaches - people and situations.
- Customer and service provider relationships.
- Business management and planning.
- Growing plants of all kinds; multi-species farm forestry, orchards, nutrient-dense food production for people and animals.
- Integrated Pest Management.
- Converting conventional orchard production to organic certification.
- Audits and quality assurance programmes - how to optimise for results.
- Applying regenerative practices in varying scales from backyard to broad acre.
- Worm farming, compost making.

*"We have gained a huge amount of knowledge from Michaels insights and encouragement. We find Michael very relatable and he has the ability to explain the science and complexity of soil in simple terms for us to be able to start implementing the practices of Regenerative Ag into our farming system."*

Dylan Ditchfield, Dairy Farmer, Southland, NZ