



MOVEMBER® SPEAKEASY

THE GEAR YOU NEED TO LOOK AFTER YOUR MATES

Being there for your mates and the people you care about; it can be easier said than done.

Movember SpeakEasy workshops are packed with every-day tools to help you build stronger connections with your mates and be there to support them when times get tough.

WHAT IS MOVEMBER SPEAKEASY?

The workshops are a celebration of meaningful connection.

Delivered in partnership with The Man Cave, Movember SpeakEasy workshops help you to build stronger connections with your mates and the people you care about. You'll leave more equipped to help them when they need you.

No matter who you are, everyone goes through tough times. Movember SpeakEasy workshops normalise everyday challenges and encourage us all to be more open to deal with these things that come up in our lives, especially the tough stuff.

These online and face-to-face workshops will help you build skills to support those that you care about. You'll also learn how to look after yourself and get the help you need, when you need it.

Get involved. And bring some friends with you. It'll help you SpeakEasy. And that can only be a good thing.

WHO IS IT FOR?

Designed for men but also involving women as supporters of men, Movember SpeakEasy workshops build skills that foster better social connection, helping friends and family to support each other.

WHAT DO THE WORKSHOPS DELIVER?

The objectives of Movember SpeakEasy are to:

Normalise challenges: Educate people of the frequency of life's challenges, to increase knowledge, awareness and acceptance of what they or those around them might be going through.

Encourage help-seeking: Change attitudes and willingness to reach out, share and support.

Build capacity: Arm attendees with the tools to more effectively support their friends, family and community as well as increase their social connections, confidence and willingness to talk, especially when times are tough.

CONNECT

If you'd like to learn more about Movember SpeakEasy or book a session, please yell out!

speakeasy@movember.com

DELIVERED IN PARTNERSHIP

 **MOVEMBER®** + **THE MAN CAVE**