



MOVEMBER® SPEAKEASY



SPEAKEASY

GROWN BY **MOVEMBER®** + **THE MAN CAVE**



COMMUNICATIONS TOOLKIT

THE GEAR WE NEED TO LOOK AFTER EACH OTHER



ABOUT THIS

TOOLKIT



LET'S TALK

SPEAKEASY

This is a toolkit designed to help our business partners understand Movember's SpeakEasy program.

SpeakEasy Toolkit Content:

- Program Overview
- Company Benefits
- Audience
- Workshop Objectives
- Delivery Options
- Proven Impact
- Duty Of Care
- Feedback
- Participating Partners
- Program Partnership and our Facilitation Team
- Workshop Booking



SPEAKEASY

PROGRAM OVERVIEW

SpeakEasy involves facilitated workshops that aim to normalise everyday challenges and encourage attendees to be more open and equipped to deal with these challenges and adversity.

While designed with men in mind, SpeakEasy is a valuable experience for everyone. The workshops build skills that foster better social connection, helping friends and family to support each other through active listening.

SpeakEasy is a prevention and early intervention program with a vision to equip attendees across the globe with the tools and capabilities to reach out to others for support when they need it and be better equipped to provide that support to their peers, friends and colleagues, with the aim of improved mental wellbeing.



SPEAKEASY

COMPANY BENEFITS

1. Builds a sense of community and connection amongst your team
2. Equips staff with skills to have more open conversations, to improve connection and wellbeing
3. Promotes healthy interpersonal communication between employees from different teams
4. Helps to create or reinforce a culture of openness and inclusivity
5. Demonstrates that team wellbeing is a priority via proactive and supportive leadership
6. Strengthens overall mental resilience and wellbeing



WHO IS SPEAKEASY

DESIGNED FOR?

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

Designed with men in mind, the SpeakEasy program gives attendees, both men and women, the capability to reach out to people they care about and support them to take action, in the context of a strong social network.

SpeakEasy workshops have been built to suit a corporate setting and we have been successfully delivering SpeakEasy to corporate partners for many years.



WORKSHOP

OBJECTIVES

1. Normalise Challenges

Educate attendees of the frequency of life's challenges, to increase knowledge, awareness and acceptance of what they or those around them might be experiencing.

2. Encourage Help-Seeking

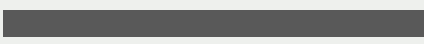
Change attitudes and willingness to reach out, share and support.

3. Build Capacity

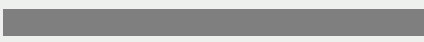
Arm attendees with the tools to have more open conversations and to effectively support their friends, family and community.



WORKSHOP DELIVERY OPTIONS



FACE-TO-FACE



VIRTUAL

SpeakEasy can be delivered in person or virtually.

A SpeakEasy Evaluation Report delivered by First Person Consulting in September 2020 reported no statistically significant difference in results between in-person and virtual modes of delivery.

Both types of delivery options run for 90 minutes.

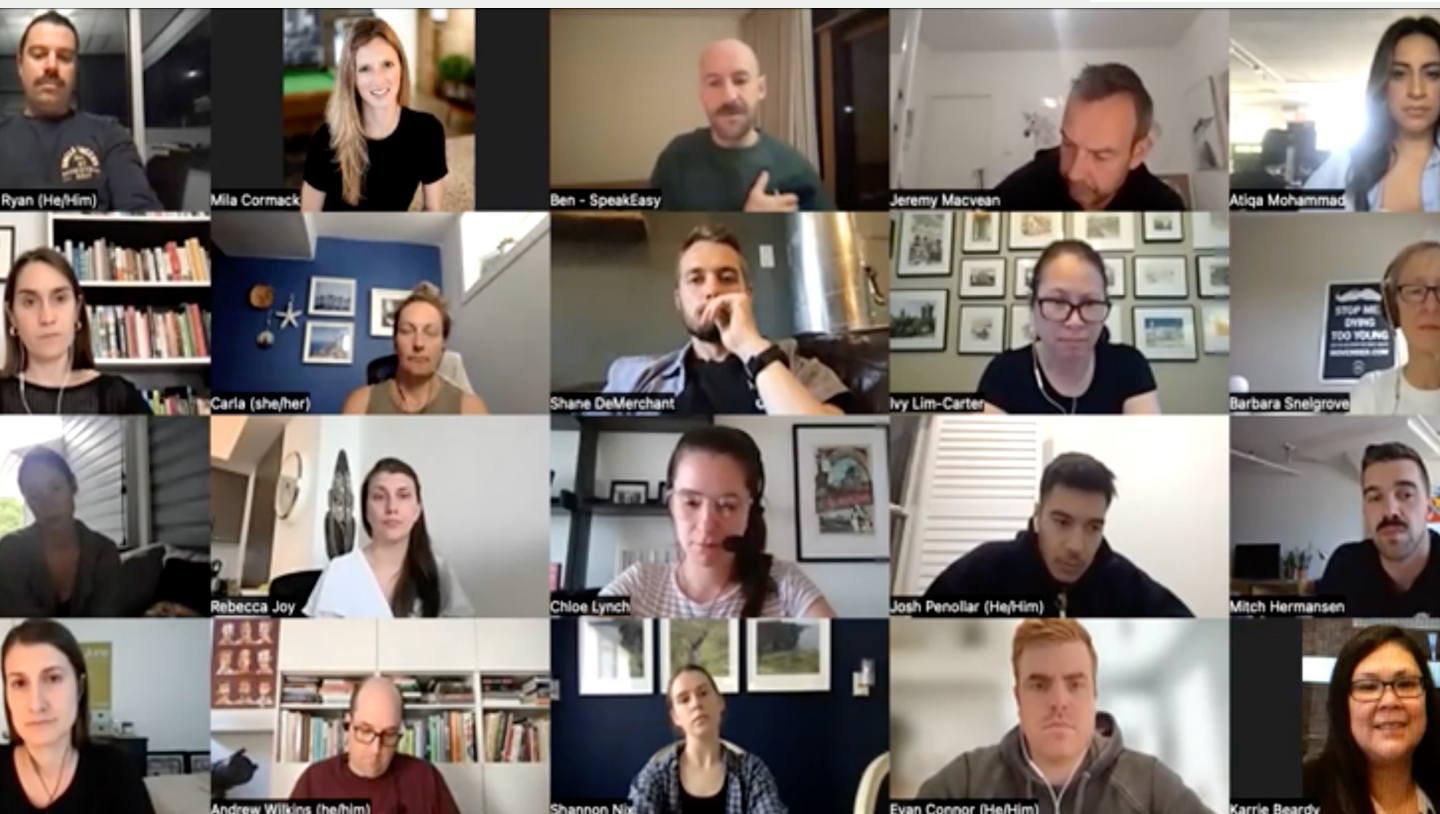


FACE-TO-FACE

WORKSHOP STRUCTURE

SpeakEasy workshops are intentionally flexibly in their delivery. However, at a high level, the key structured learning points are:

- **Introduction** - Who we are, what we're all here for.
- **Open up** - What we do talk about in our lives, and tend not to talk about. Acknowledge there's real benefit in being more open.
- **Go there** - When you lead the way in speaking more openly, you create permission for others to do the same.
- **Stay here** - When someone shares something with you, "stay there" by acknowledging what they said and asking open ended questions.
- **Storytelling** - A great friend, a golden moment, or a challenge faced.
- **Call to arms** - Who is someone that you would like to have a powerful conversation with? How are you going to "go here" first?



VIRTUAL WORKSHOP STRUCTURE

Delivered via either Zoom or Microsoft Teams.

Uses the same structure as face-to-face workshops and integrates tools such as breakout rooms and chat to successfully engage attendees.



SPEAKEASY

DUTY OF CARE

SpeakEasy is an early intervention program focused on improving social connection by normalising everyday challenges and encouraging us all to be more open to dealing with these things that come up in our lives.

If "big stuff" comes up and the facilitators are able to support participants with empathy and compassion while also recommending appropriate follow-up resources to continue the conversation.

These include:

Support

- Existing services the partner wants to promote, such as Employee Assistance Programs and on-site counsellors
- Alternately, contact details for local psychologists are distributed.

Crisis

- Immediate support contact details are distributed at the end of every session and in follow-up materials.



SPEAKEASY

PROVEN IMPACT

First Person Consulting, Evaluation of Movember's SpeakEasy, March 2019

- 99% of participants were planning to implement what they learned in day-to-day life.
- 98% of participants intended to go out and start a conversation using what they learned in the workshop.
- 99% of participants said they would recommend SpeakEasy to others



SPEAKEASY

FEEDBACK

- *Hands down the best session I have had in my 15 years at Telstra. Thank you very much.”*
- *“It was super engaging, and really did bring out the honest, real conversation which I loved. Ben, and his open questioning approach did an amazing job of facilitation, thanks!”*
- *“I really wish to see more sessions like this in the workplace.”*
- *“I would have loved to spend longer!”*
- *“Big shout out to Ben who gently led us all into a safe space of calm and acceptance. For a brief moment we had no fears or prejudices. That was nice ”*
- *“Created such a safe and constructive space. Not token - thanks! Powerful to live the experience of connecting”*
- *“Loved it, really open, vulnerable and a safe space. Thank you!”*

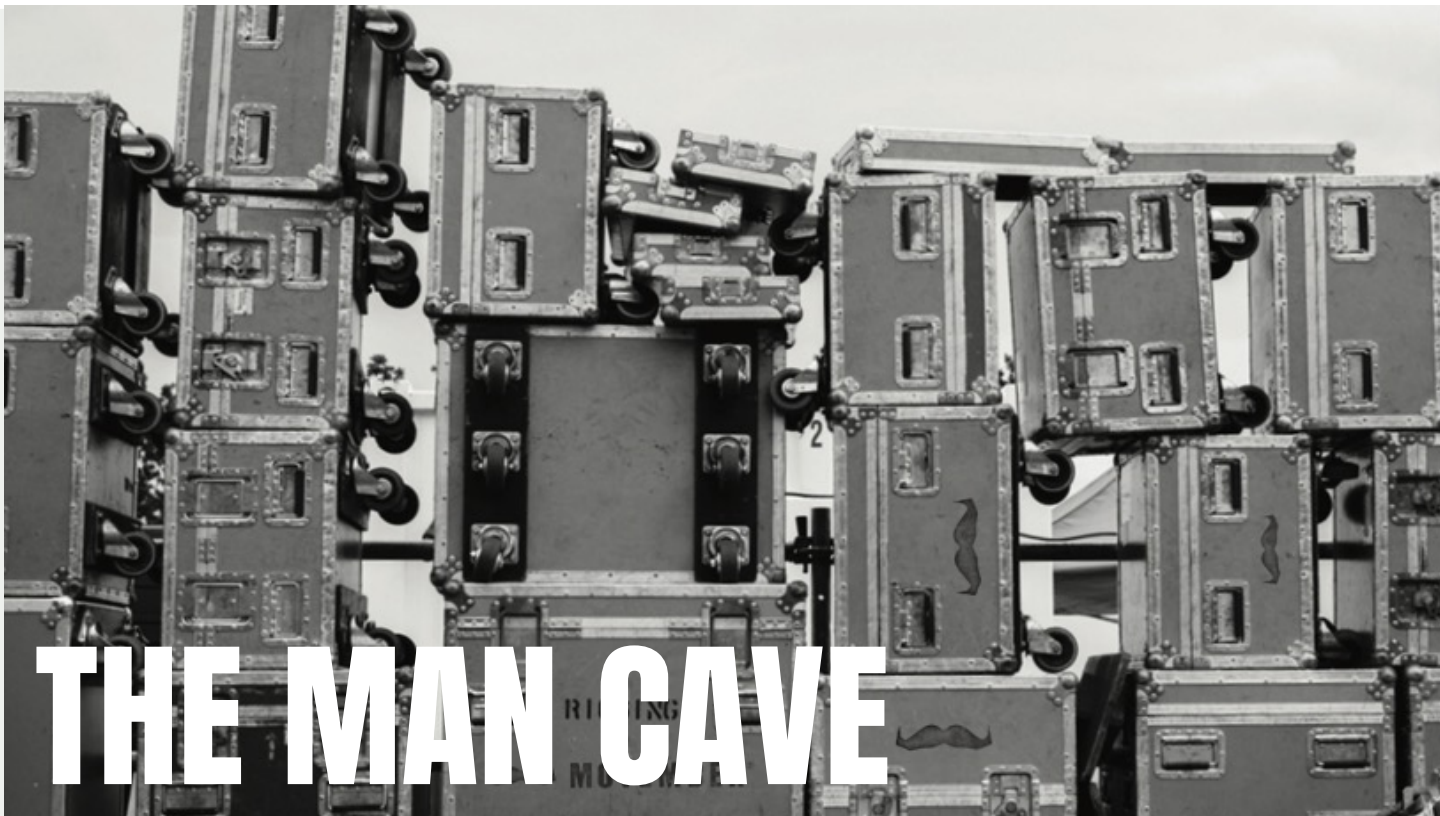


SPEAKEASY



PARTICIPATING PARTNERS





THE MAN CAVE

PROGRAM PARTNERSHIP

Movember has teamed up with The Man Cave to deliver SpeakEasy. The Man Cave is a preventative mental health charity that works with men and young men, helping them to explore their emotional intelligence.

Their vision is for every man to have healthy relationships, to reach their full potential and to contribute to their community. This aligns perfectly with what Movember is wanting to achieve with SpeakEasy and is why we are working together on this.

A photograph of two men smiling broadly. The man on the left is wearing a black beanie and a dark jacket. The man on the right is wearing a dark jacket over a grey t-shirt. They are in a boat, with the interior and windows visible in the background.**SPEAKEASY**

FACILITATION TEAM

The Man Cave's facilitators have worked with 100,000+ boys and men. They're experts at holding safe, non-judgemental, non-stigmatising spaces with men from all backgrounds.

The Man Cave team are a diverse group of men from a range of personal and professional backgrounds, as well as lived experiences. People in the team embody varying forms of masculinity and are representative of multicultural, multifaith and the LGBTIQ+ communities.

Each of The Man Cave's facilitators undergoes a rigorous training program delivered by some of Australia's leading experts in engaging men and boys in safe and open dialogue, as well as ongoing professional development, child safety and disclosure training, inclusion training and Youth Mental Health First Aid training. They receive 50-80 hours of Professional Development and Facilitation Training each year.



SPEAKEASY WORKSHOP

BOOKING

If you'd like to learn more about Movember
SpeakEasy or book a session, please email us at
speakeasy@movember.com



HELPING YOU

SPEAKEASY

THE GEAR WE NEED TO LOOK AFTER EACH OTHER