

# RE-INVENTING MASCULINITY

TOMORROW MAN

## DISRUPTING STEREOTYPES + STRENGTHENING EMOTIONAL MUSCLE FACILITATING WORKSHOPS AUSTRALIA WIDE



### STATE OF PLAY

What does it mean to be a bloke today? What do we want it to look like tomorrow?

The tide is changing for men young and old. Outdated stereotypes are leaving mates, dads, sons, brothers, teammates & workmates stranded without the tools for a healthy life.

Time for a no holds barred conversation. Face the stats and create room to break the stereotype. Explore how to look after yourself, mates and families while carving out your own version of the Aussie man.

### WHAT WE DO

Through the disruption and re-invention of old-school male stereotypes, Tomorrow Man workshops facilitate honest and authentic conversations and using the shared experience and collective wisdom of the men we meet to define a masculinity that generates purpose, pride, and health for the men of today and tomorrow.

### HOW WE DO IT

#### DISRUPT

Disrupt old school stereotypes that perpetuate a norm of masculinity that is far too narrow. That doesn't allow permission for healthy traits that strenghten resilience and ultimately keeping more men alive.

#### BUILD

Build emotional muscle - practice the capacity to talk with gravity, talking about things with weight and depth and emotional intensity. If more men learn these skills stats will change for the better.

#### RE-INVENT

To seek out and embody an attractive and modern alternative male stereotype. A more flexible version of tomorrows man that resonates and speaks to the mainstream male.

[WWW.TOMORROWMAN.COM.AU](http://WWW.TOMORROWMAN.COM.AU)

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## WHERE WE DO IT

### EDUCATION

Secondary schools, TAFE and Universities.

### SPORT

Amateur/professional sporting clubs and sporting bodies.

### WORKPLACE

Male dominated work environments in the public & private sector.

### COMMUNITY

Staff at schools, parents of participants, men in the community.

## WORKSHOPS

### BREAKING THE MAN CODE

A two-hour experiential workshop that creates a unique conversation about the secret life of us and our mates on the way to re-writing the rules on what it means to be a man. Follow up workshops are available and are customised to needs.

### TOMORROW MAN INTENSIVE

A 6-12 month group program building advanced emotional intelligence and exploring a broad range of themes facing tomorrow's men. Participants leave this program having experienced a sustained culture of healthy masculinity and walk away with their own version.

### TEACHER TRAINING

We offer teacher training to give an insight into what participants go through and how teachers can best support them, before, during and after the workshop.

### PARENT NIGHT

An engaging and memorable exploration of the work of Tomorrow Man, allowing participants to have greater understanding of what their young persons experience of the workshop may be.

### A NIGHT WITH THE BLOKES

Bringing the community together, this is an impactful two hours of casual and honest conversation exploring where the current man code has taken us and what tomorrow's man might look like.

### COMMUNITY ACTIVATIONS

Working with a key member of a community we deliver our workshops in local schools and workplaces as well as holding community events to ensure men of all ages benefit from our programs.

## GET IN TOUCH

Interested in our programs? Email us at [workshops@tomorrowman.com.au](mailto:workshops@tomorrowman.com.au)