

BREAKING THE MAN CODE

OUR TOMORROW MAN 'BREAKING THE MAN CODE' WORKSHOP AIMS TO QUESTION THE RULES OF MASCULINITY CREATING SPACE FOR REAL AND HONEST CONVERSATIONS

WHAT TO EXPECT

Our entry level two hour experiential workshop disrupts old-school male stereotypes and redefines a more positive version of masculinity to live by. Run by one of our experienced facilitators, we create a safe and non-judgemental environment to build emotional muscle, practicing the capacity to talk with gravity, talking about things of weight and depth and emotional intensity. Participants leave the room with strengthened resilience, self-confidence and connectedness to their peer group. Follow up workshops are available and are customised to needs.



"I learnt that everyone has their own issues and backstories. I also learnt to break through the stereotypes associated with being a man. It is also ok to ask for help"
Student

"Your workshops this week have helped my son take a step. His first reaction was 'Do I have to do this Mum', then he said, 'It's a bit confronting', then he concluded 'It was good'. The outcome, he is opening up, and now talking and reaching out. Thank you to all those involved in supporting our boys to disrupt the stereotypes."

Parent

GET IN TOUCH

Interested in our programs? Email us at workshops@tomorrowman.com.au

WWW.TOMORROWMAN.COM.AU