



SPEAK SPEAK UP

A two-hour experiential workshop is our entry point to give workplaces a feel for the work we do. This is an opportunity for both men and women to unpack traditional gender roles.

Through a mixture of engaging activities, shared laughs, and deeper conversations, we encourage participants to open up, building more meaningful connections within the workplace.

WHAT TO EXPECT

These two hour sessions, run by our highly experienced facilitators, provide a safe and non-judgemental environment.

Each workshop provides participants with strengthened resilience, self-confidence and collective empathy to enable deeper conversations to continue between friends, family, colleagues, and community members.

Tomorrow Man and Tomorrow Woman can tailor workshops for a specific group, clubs, or workplace.

Our 'Speak Speak Up' workshop can be delivered virtually or face to face.



I have been stopped in the main street three times just this morning because of how good the workshop was!

Everyone has mentioned that it was completely different from the workshops they've been to in the past. And that they took away a lot from the night.

- Community Contact