



A NIGHT WITH THE BLOKES

The tide is changing for men, both young and old, and some harmful and outdated stereotypes are leaving us, our mates, dads, brothers, sons, teammates, or workmates stranded without the capability to live a healthy life.

We're getting together in a room to have an honest conversation, face the stats and explore how we can look after ourselves, our mates and families better to create our own version of the Aussie man.

WHAT TO EXPECT

These two hour sessions, run by our highly experienced facilitators in a non-judgemental environment, is a chance to get together with some blokes and have an open conversation about the state of man today.

Each workshop provides participants with deeper level of understanding and connectedness to their fellow men, realising that opening up and talking about your feelings is far more manly than hiding them away.

Tomorrow Man can tailor workshops for a specific group, clubs, or workplace. Our 'A Night With The Blokes' workshop can be delivered virtually or face to face.



As men we bottle things up occasionally, and then we become overwhelmed and erupt. This workshop helped me understand that we need to ask our mates the tough questions, and taught us how to ask those questions.

- A Night With The Blokes Participant