



THE GEAR WE NEED TO LOOK AFTER EACH OTHER

WHAT IS MOVEMBER SPEAKEASY?

Movember SpeakEasy delivers experiential workshops that aim to normalise everyday challenges and encourage attendees to be more open and equipped to deal with these challenges and adversities.

If you are interested in learning how to better support the men in your life, book or come along to one of our SpeakEasy events.

No matter who you are, everyone goes through stuff, good and bad. Knowing how to ask the right questions to get the people closest to you to share what's going on can be hard.

Our workshops explore how to go beyond the surface with the people you care about, including your friends, family and colleagues.

WHAT DO WE OFFER?

The Movember SpeakEasy program offers a 90-minute men's mental health workshop designed to support men and supporters of men.

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.

WHAT ARE THE BENEFITS?

1. Build 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 health interpretational 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 mental health supportive leadership.

WHO IS IT FOR?

Although designed with men in mind, the SpeakEasy session gives all attendees the secret sauce to having better conversations.

DELIVERY OPTIONS

1. Face-to-Face: SpeakEasy workshops are intentionally flexibly in their delivery. However, there are key structured learning points within the workshop and opportunities for participation.
2. Virtual: Delivered via either Zoom or Microsoft Teams. Virtual delivery uses the same structure as face-to-face workshops and integrates tools such as breakout rooms and chat functions to successfully engage attendees.



SPEAKEASY

GROWN BY MOVEMBER®

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