

AWAKE

A C A D E M Y

Mens Group Live Event

Friday 14th June | Men's Mental Health Month



Own Your Truth

Be part of the change we need to see in the world.
Men's mental wellness starts at home & the office.

A life MBA for you & your team!

THE MISSION: ITS MENS MENTAL HEALTH MONTH AND WE ARE SUPPORTING IT IN A BIG WAY.

Support and develop individuals, high-risk teams, supercharge high-performance teams, and create a culture of happy leaders.

OUR SHARED GOAL:

Create a more centred, connected and confident man, giving them practical tools and strategies taken from multiple philosophies that let people take ownership of who they are and who they want to be.

THE POWER OF THE OWN YOUR TRUTH PROGRAM:

This highly successful program empowers individuals to embrace authenticity, navigate challenges and foster resilience. Leading to becoming more centred, connected and confident by building:

- **Enhanced Self-Awareness:** Deep self-reflection leads to improved emotional intelligence and communication skills.
- **Open Dialogue and Empathy:** Vulnerability-sharing exercises create a culture of open dialogue, reducing stigma and fostering a supportive work environment.
- **Resilience and Mental Fitness:** Practical tools for stress management and resilience foster adaptability, improved decision-making, and reduced burnout.

• **Effective Communication and Collaboration:**

Active listening skills enhance teamwork and conflict resolution, fostering a more harmonious community.

- **Leadership and Growth:** Leaders embrace vulnerability, creating a culture where authenticity empowers both leaders and teams to grow personally and professionally.

OWN YOUR TRUTH COURSE OVERVIEW:

Highly Interactive & Transformational Program
Delivered by Layne Beachley- 7x World Champion Surfer and Champion of Mental Wellness and Tess – practitioner of positive psychology and wellbeing.

- 7 Rounds of Lessons and Bonus Content
- 19 Videos, 29 Exercises, and Printable Workbook
- Pre and post survey and report on team impact
- Access to Like-Minded Community and World-Class Resources
- Supported by Evidence-Based Mental Health Service, My Mirror
- \$7 Donated to BlackDog Institute for every course sold
- Lifetime Access to Entire Course and Resources
- 90% Satisfaction Rate: Participants Feel More Centred, Connected and Confident Post-Course
- Own Your Truth Daily Guide to apply learnings in daily life
- Own Your Truth Leadership guide – additional support for day to day business integration.

COURSE EXERCISES INCLUDE:

- Identifying, Connecting, and Expressing Feelings
- Defining Passions and Strengths
- Shattering Self-Limiting Beliefs
- Boosting Self-Esteem & Empathy
- Detaching from Fear & silencing negativity
- Prioritising Self-Care and Establishing Boundaries
- Effective Decision-Making and Authentic Leadership
- Meditation, Breathwork and play
- Self care tips for achieving the 1% edge

PROGRAM OVERVIEW:

Men's Mental Health Month - June 2024
 Date: Friday, June 14th
 Time: 8:30 am for a 9am start, finishing at 5:30 pm followed by drinks
 Location: Manly, NSW
 Includes: 3 breaks with a nourishing lunch & snacks

SESSION INCLUSIONS:

- Lifetime membership to the online course Own Your Truth
- Full Day live personal facilitation and mentorship with Layne & Tess
- Light morning tea, nourishing lunch, and afternoon snacks, tea, coffee and refreshments
- Safe, fun and supportive environment
- Q&A with Layne and access to a like-minded community

The Own Your Truth Program is a transformational journey towards mental wellness and workplace empowerment. Join us today and embark on a path to a more resilient, centred, connected and confident workforce!

PROGRAM AGENDA: 4 SESSIONS OVER THE DAY:

Session 1	Session 2	Session 3	Session 4
<p>TOPICS:</p> <ul style="list-style-type: none"> • Identify, connect & express your feelings • Define what you love to do • Identify your strengths and fortify your self-worth • Shatter your self-limiting beliefs • Boost Self esteem • Detach from fear • Box breathing 	<p>TOPICS:</p> <ul style="list-style-type: none"> • Learn the power of I AM • Our thoughts are not who we are • Let's meditate • Own your Truth Model • Align with your dream team • Authentic leadership • Crucial conversations 	<p>TOPICS:</p> <ul style="list-style-type: none"> • Establishing healthy boundaries • Effective decision making • Win the morning to Awaken your energy • Making time to play • Celebrating failure 	<p>TOPICS:</p> <ul style="list-style-type: none"> • Prioritising you • Digest, rest and recalibrate • Layne's 7 doctors • Course Review

PROGRAM INVESTMENT INTO YOUR SELF OR YOUR TEAMS GROWTH:

- Corporate tables of 10 available for VIP seating \$5000 including a meet & greet with Layne Beachley AO
- \$395 per head for individuals

OPPORTUNITIES

- Event partnership - brands that want to align and activate with their communities
- Father & son attendance - growing together
- Team attendance

Our Results

Creating a culture of happy, healthy minds.

98%

of people felt more centred, connected and confident after the course – when 100% of those people felt disconnected or lost before the course.

98.5%

will recommend this course to friends and family.

90%

of participants went from feeling lost and unhappy to happy and transformed.

“Layne and Tess, you are true gems in human form. Your openness, vulnerability, and generosity of spirit were truly remarkable. The session was a perfect blend of deep reflection and lightheartedness. I learned valuable lessons and gained practical strategies to improve my life. Thank you for creating a safe and supportive space. Your impact on my personal growth is immeasurable.”

Ethan



Meet your Mentors

Tess Brouwer

CEO of Awake Academy, Practitioner of Positive Psychology and Wellness

Tess Brouwer, a corporate athlete and mental wellness mentor, complements Layne's expertise with her deep understanding of corporate dynamics and mental wellbeing. With a background in rebuilding her life from a life-changing spinal cord and brain injury plus her extensive experience as a senior executive, Tess specialises in fostering resilience, mental fitness and effective communication within corporate environments.

Layne Beachley AO

7x World Surfing Champion & Mental Wellness Advocate:

An iconic figure in the world of surfing, Layne brings her unique insights to Awake Academy. As a 7-time World Surfing champion, she knows the importance of mental resilience, determination and overcoming challenges. Her journey from adversity to greatness has inspired her to guide others on their path to authenticity and empowerment.

Learn the practical toolkit from the world's best.



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**Be part of the
change with us!**