

**NOVEMBER**

**WITH**

**THAT DAY**

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**THAT DAY**

**COMING UP**

**IN NOVEMBER WE HAVE:**

- **STRESS AWARENESS DAY (1ST)**
- **INTERNATIONAL MEN'S DAY (19TH)**
- **16 DAYS OF ACTIVISM AGAINST DOMESTIC ABUSE (NOV 25TH-10TH DEC)**

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**THAT DAY**

**NATIONAL STRESS  
AWARENESS DAY**

**1ST NOV**

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# MANAGE STRESS LIKE A MONK

Nick will share 3 effective practises from his time living as a Buddhist Monk. Helping you cultivate a greater sense of calm at work and in your life.

In this workshop, created for Stress Awareness Month, Nick will share 3 of the most impactful practises he learnt whilst living as a Buddhist monk.

Learn tips from the monastery for:

- \* feeling calmer, centred and grounded
- \* how to handle challenging situations
- \* self-care
- \* maintaining focus and clarity

Nick will teach you how you can integrate these into your lives to help you feel calmer and more in control.

Covering the Body, Heart and Mind, you will experience these practises live in the session, and have time to reflect and share your observations.

As well as his monastic training Nick has taught mindfulness for 30 years. He studied to lead Mindfulness Based Cognitive Therapy course, Trauma release work and self-care meditations that boost self-empathy.

Nick leads one of London's largest weekly gay/bi/trans men's meditation groups. He offers mindfulness workshops and courses in the workplace and coaching for individuals.

## CLIENT TESTIMONIAL

"This session has been life changing. You delivered it to us with such intelligence, sensitivity and compassion for your fellow human beings. You made mindfulness real and human, related to the pain, feelings of not belonging, of isolation or inadequacy that we may feel in life and then taught me how through mindfulness I could have a choice and find freedom from suffering."

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## REFRAMING STRESS

WITH JONNY SAY

Most of us will feel stressed at some point during our working day.

Sometimes a little bit of stress can be a good thing, a motivator. But what happens when that spills over into the unmanageable, and everything gets a bit much?

In this session with Jonny we will cover:

- What is healthy stress vs. unhealthy stress?
- What is currently causing you stress in your life?
- What is your go-to response when stressed, and what impact does that have on you and those around you?
- Some of the science & psychology of stress management.
- Different strategies & tactics to change your responses and learn to deal with stress in more effective ways.

Jonny Say is a therapist working in private practice specialising in mindfulness and compassion focused therapies. Working with organisations such as the NHS, Mind and major tech and finance companies, Jonny blends lived experiences with his professional knowledge and expertise.



### CLIENT TESTIMONIAL

"It's very accessible, non-judgemental and interesting. They've had a noticeable impact on my life and the way I deal with stressful & uncertain situations"

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# CREATIVE WRITING FOR STRESS BUSTING

WITH HANNAH-JAYNE SMITH

We're excited to bring you the chance to support your teams' mental health through the written word. The benefits of writing for our wellbeing are second-to-none. This workshop, or series of workshops delivered as a course, focus on the art of writing to help manage stress, make for better decision making, and supports positive mental health and wellbeing.

Themes will vary from Facing Fears, Stress, Resilience, Self-Compassion, Confidence and more.

They are practical and will benefit your staff in a personal manner, creating a calming and reflective space. Attendees will come away with:

- A new set of skills to reduce stress, anxiety and concern.
- Exercises to allow reflection and clarity and an improvement in our communication skills.
- A better understanding of ourselves.
- Increased personal wellbeing.
- Better understanding on Mental health

Hannah-Jayne Smith is a mental health advocate with three decades of lived experience within the system. She has worked all over the UK delivering courses to private and charity sectors, NHS, Prisons, Schools and more.



## CLIENT TESTIMONIAL

"I genuinely haven't felt a mental peace like that in a really long time. A genuine pleasure to create with you"

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# THAT DAY

# STRESS & BURNOUT

WITH JOSH CONNOLLY

In this session, Josh will humanise the way you see stress and burnout, helping you to find compassion for who and what you become in your stressed state.

Josh will also help you declutter your mind in a very practical way.

Participants will come away with:

- An understanding of who or what you become in your stressed state
- A development of compassion for how you show up in your red zone
- More self awareness around why you present in the way that you do
- Have a practical tool for decluttering mentally as to avoid burnout

About Josh:

As one of the UK's most influential mental health advocates he regularly speaks on BBC, ITV & Channel 5 news. Josh has also spoken in the House of Commons, contributed to mental health policy and even advised the scriptwriting team on Hollyoaks. He has run resilience workshops for village schools and global brands alike. Additionally, he is an ambassador for Nacoa – a national charity supporting people affected by a parent's drinking



## CLIENT TESTIMONIAL

'Josh is not afraid to be vulnerable to make a massive impact to the lives of others.'

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# FOOD AND STRESS

WITH YASMIN ALEXANDER

Stress is an unavoidable part of our lives in the 21st century, but are we aware of the impact long term stress can have on our bodies and our health?

In this workshop you will learn about:

- The different ways stress can manifest in the body and the different sources and types of stressors.
- How to eat to minimise extra stress being placed on your body and how to increase your resources.
- Proven lifestyle changes to reduce stress hormones and you'll get the low down on nutrients stress can deplete.

Yasmin Alexander is a BANT Registered Nutritional Therapist, specialising in Women's Health. Yasmin aims to transform the health and lives of her clients by guiding them through making smart, sustainable, and realistic dietary and lifestyle changes.



## CLIENT TESTIMONIAL

"Yasmin was great to work with- super professional, yet always really friendly. She was really engaging in her talks, and brought them to life with her industry expertise"

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# THAT DAY

## POSITIVE STRESS

WITH LEIGH EWIN

In this session with Leigh we'll learn how small doses of stress can actually build our health. You'll learn to find where your line for stress lies and how to live on the right side of that.

Learn how to "Micro dose stress" so that your body adapts, grows and builds resilience. In this workshop we will explore:

- Fasting - the benefits, how and when to fast properly.
- Cold Exposure - what it is, how to build a cold exposure routine, making the uncomfortable comfortable.
- Heat Exposure - why heat exposure and saunas work and the health benefits of them,

Leigh is a breathwork facilitator and educator based in Finland who specialises in helping people experience their breath all over again.

He is a master facilitator of live breathwork experiences which deal with traumatic release, emotional breakthrough, euphoric and enlightened experience and utilising breathwork for inner journey and self-discovery.



### CLIENT TESTIMONIAL

"I didn't realise how much my poor breathing was affecting my life until I attended Leigh's online breathwork sessions."

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# RESET

WITH ROB SMITH

Join Rob to reflect on 8 areas of your life, and be guided through a coaching process to help you prioritise your time and energy.

All you will need is a pen and paper, and a 45 minute break from distractions.

Allow yourself the opportunity for some self-reflection and leave feeling motivated and armed with a clear weekly plan.

- Reduce Anxiety
- Create Momentum
- Discover your focus

Rob Smith is the Founder of That Day, Uncommon Man, and is accredited in Coaching with Neuroscience.

He has coached individuals and teams in the areas of wellbeing, fitness, connection and communication.



## CLIENT TESTIMONIAL

'I didn't think something so simple could be so impactful. I'm definitely going to do this every month. A lovely session, thank you.'

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**THAT DAY**

**INTERNATIONAL  
MEN'S DAY**

**19TH NOV**

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# THAT DAY

# UNCOMMON MAN WORKSHOP

WITH JOSH CONNOLLY & ROB SMITH

So often as men we connect as groups through playing or watching sport, or whilst drinking alcohol. And when we're asked "How are you?" our answers rarely extend beyond "Yeah, fine thanks".

The issue is not that men don't like to talk, we just need to create more of the right spaces for them to open up. This is exactly what Josh Connolly, alongside Rob from That Day, has found during the monthly men's group they run, Uncommon Man.

In this cutting-edge immersive workshop, participants will be given the chance to explore their emotions in three ways:

1. Through a guided reflection and visualisation
2. Small group communication work
3. A group breathwork exercise for emotional release.

This is an opportunity to bring these techniques to the workplace, and empower those that identify as men in your teams to learn to feel, and verbalise, their emotions, and truly connect with their peers, friends, family and loved ones.

These powerful techniques have been proven to improve mental health and lead to deeper, more authentic conversations and connections.



## CLIENT TESTIMONIAL

'I didn't really know how the workshop would affect me. In fact, I suppose that I was quite skeptical. It turned out to be the most incredible experience.'

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## MAN IN THE MASK

WITH DAN JACKSON

November marks International Men's Day and in conjunction with Dan Jackson, we want to keep the conversation going around men's mental health.

Over 40% of men won't talk about their mental health and suicide is the biggest killer of men under 45 in the UK.

Not every man is at a point of despair in his life. However, we, men need to be better at talking about something we mostly hate to talk about – how we feel. For ourselves, and for each other.

We're running a talk where we will explore the issues around men's mental well-being looking at:

- The Problem with Manhood – how the expectations placed on boys and men on who they 'should' be and, how they 'should' behave are less than ideal.
- The Problem with Men – why men don't feel comfortable seeking help when they need it.
- Addressing the Problem – the little things we can put in place to improve our mental well-being on a daily and weekly basis.

Dan Jackson is a former professional 'Aussie Rules' footballer who played for the Richmond Tigers in the AFL for eleven years. He is now the Leadership Development Manager for the Adelaide Crows. Dan's career as a professional athlete taught him a lot about what it takes to perform at the elite level, but his most important lessons came from learning how to cope with the pressure, expectation and inevitable failures that top performers all face.



### CLIENT TESTIMONIAL

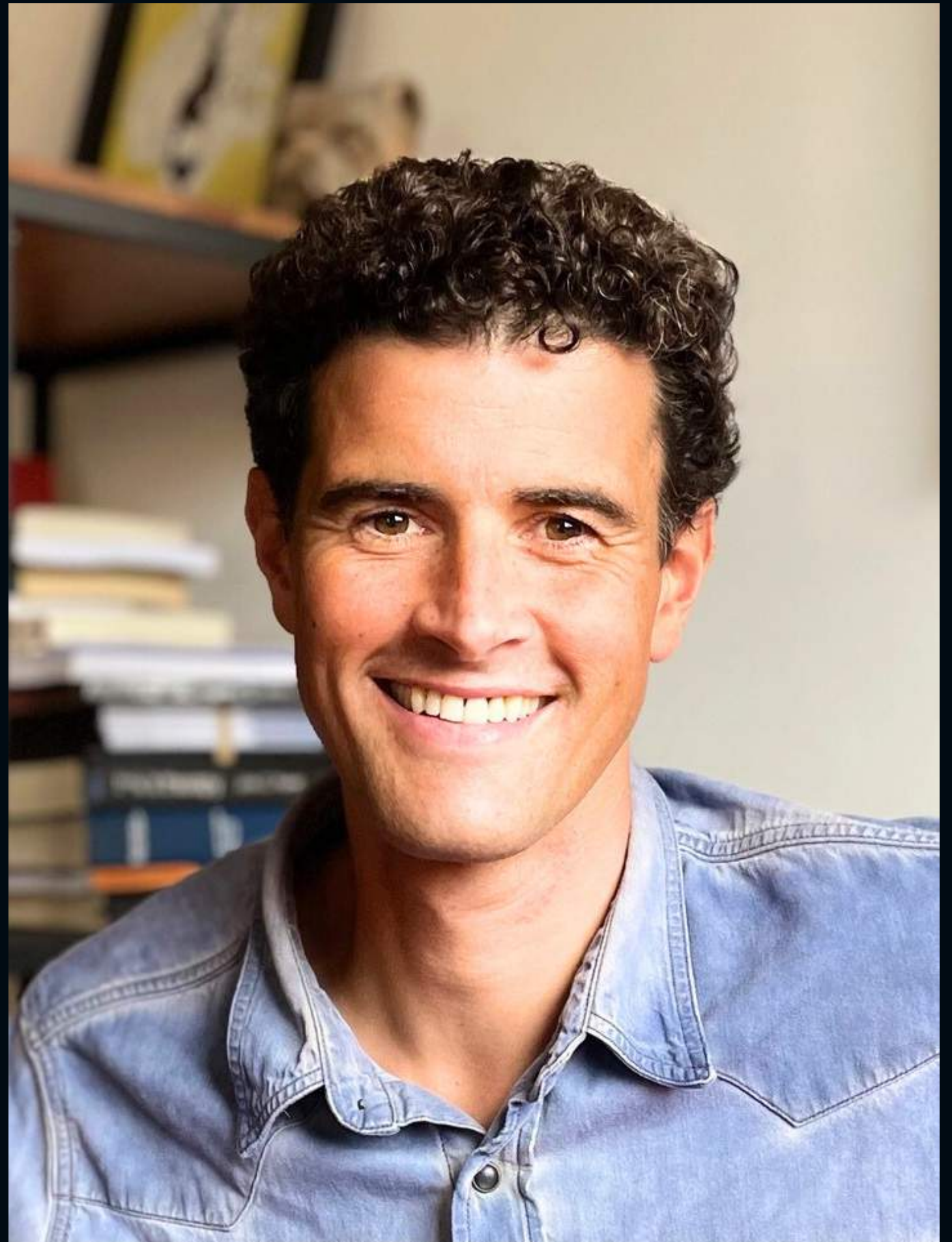
"I really enjoyed how engaging and interesting the session was. The examples and the stories were easy to relate to, also very inspirational."

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## THE MISSING PART OF THE PUZZLE FOR MEN'S MENTAL HEALTH

WITH PAUL HUNTINGFORD



Join That Day's Head Therapist Paul Huntingford for a special Men's Mental Health focused session. Paul works with men on a daily basis, helping them work through some of life's biggest challenges.

In this session Paul uses his 3 part system for practical mental health skills aimed at men, helping them to build their ability to speak to themselves compassionately.

Using evidence based approaches from Compassion Focused Therapy (CFT) we will introduce the 3 systems model of mind, explore how this relates to their lives and discover areas where they can perhaps improve or develop. We will then introduce two practical exercises to help strengthen the areas where men tend to lack the skills.

Paul Huntingford is an ACT and CFT therapist as well as the Head Therapist for That Day Therapy. Paul is passionate about bringing practical, workable skills to people so that they can improve their mental health and live more fulfilling lives.

### CLIENT TESTIMONIAL

For a few years I've been interested in self help books, mindfulness, meditation and other issues surrounding mental health. Paul helped expand on this knowledge and gave me the tools which allowed me to reduce the severity & frequency of anxiety attacks I was experiencing & also helped to identify the feelings around them to spot patterns & identify when one was rising.

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# MODERN MASCULINITY IN THE WORKPLACE

WITH DAVID CHAMBERS

In this transformative workshop, within a safe and supportive environment, you will be encouraged to challenge your ideas about masculinity and be introduced to the more expansive and accepting concept of modern, healthy masculinity.

## Workshop Outcomes:

- How the straightjacket of Man box culture and how to break free of it
- Embracing Healthy Masculinity: A Path to Greater Joy and Success
- How we can support each other in breaking free of gender roles
- What is Emotional Labor and why is it the glue that makes teams thrive

David Chambers worked with the likes of BBC, ITV, Tesco and Capital One before switching from big tech to Men's coaching, specialising in the areas of connection and masculinity.

He empowers teams and individuals to embody healthy, positive masculinity and create deeply purposeful lives.

And has worked with a range of organisations, from Secondary Schools to London Restaurant Chains to Men's Groups, delivering workshops and talks about masculinity and mental health.



## CLIENT TESTIMONIAL

"David was wonderful! He really made the room feel comfortable and accepted everyone's feelings and opinions about such a sensitive topic as masculinity. He was genuine and kind. He also opened up by sharing some of his own personal stories. His ability to be vulnerable with the group showed great courage and leadership."

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**THAT DAY**

**16 DAYS OF  
ACTIVISM  
AGAINST  
DOMESTIC ABUSE  
NOV 25TH-10TH DEC**

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## DOMESTIC ABUSE & WORKPLACE RESPONSIBILITY

WITH AYAN SAID

The 16 Days of Activism against Gender-Based Violence is an annual international campaign. This session with Ayan will start to understand the layers of GBV.

This workshop will provide insights into some of the causes and consequences of domestic abuse. It will enable participants to take an active role in supporting victims, survivors and understand some of the reasons why perpetrators continue the cycle of abuse.

Key outcomes:

- An awareness of how family life, education and workspaces can reinforce domestic abuse
- Systemic dialogue and examples of how our attitudes normalise domestic abuse
- Co-creation of practical tools that can be applied directly post-workshop

Ayan Said is the founder, and director of **Voicing Voices**, an international consultancy firm that designs and provides bespoke resources and tools that support organisations to humanise their culture.



### CLIENT TESTIMONIAL

"Ayan is a wonderful trainer, she created a safe and inclusive space, in which everyone felt comfortable to share"

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