

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."

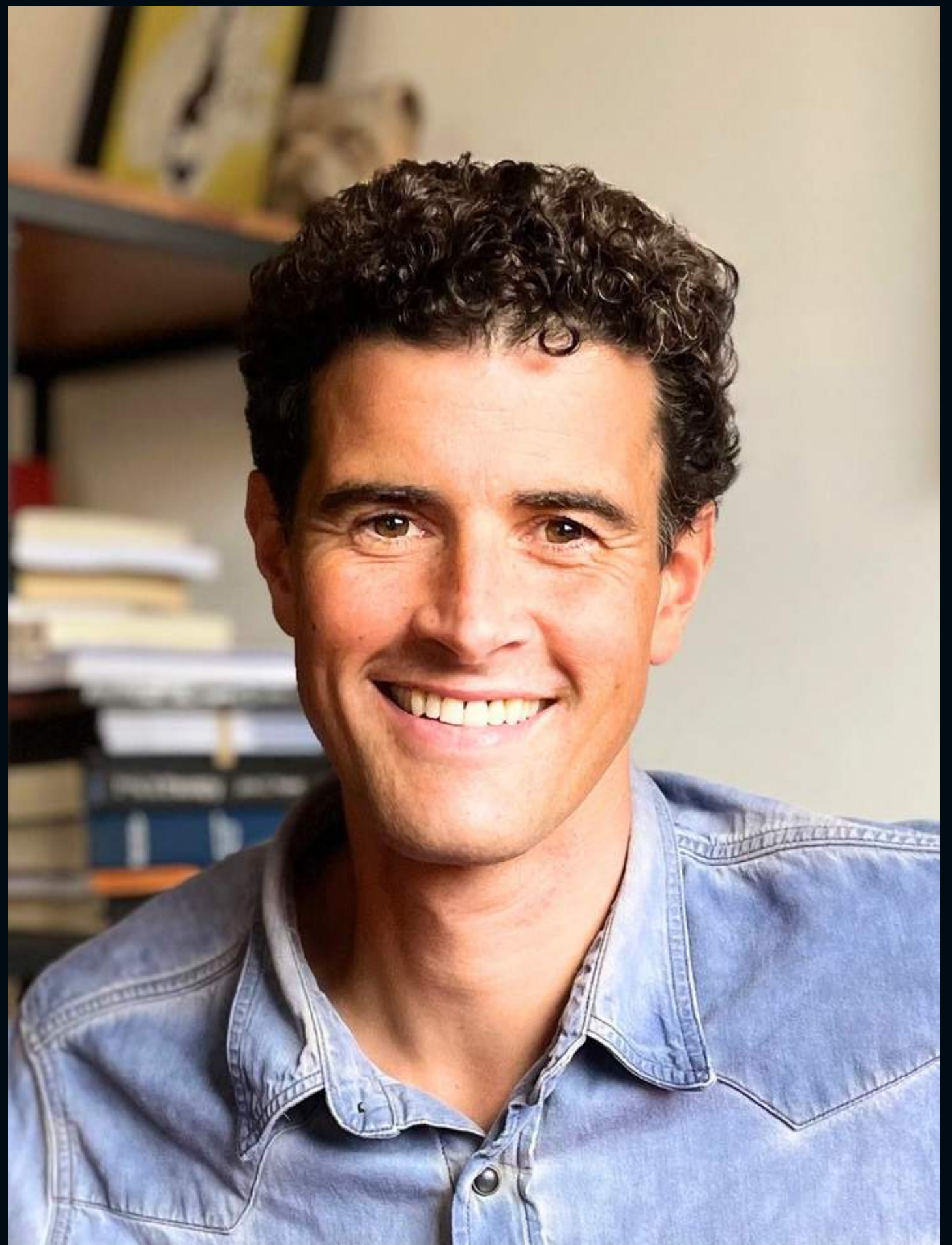
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THE MISSING PART OF THE PUZZLE FOR MEN'S MENTAL HEALTH

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.

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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.



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"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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