



# SPEAK SPEAK UP

A two-hour experiential workshop is our entry point to give workplaces a feel for the work we do. This is an opportunity for both men and women to unpack traditional gender roles.

Through a mixture of engaging activities, shared laughs, and deeper conversations, we encourage participants to open up, building more meaningful connections within the workplace.

## WHAT TO EXPECT

These two hour sessions, run by our highly experienced facilitators, provide a safe and non-judgemental environment.

**Each workshop provides participants with strengthened resilience, self-confidence and collective empathy to enable deeper conversations to continue between friends, family, colleagues, and community members.**

Tomorrow Man and Tomorrow Woman can tailor workshops for a specific group, clubs, or workplace.



**I have been stopped in the main street three times just this morning because of how good the workshop was!**

**Everyone has mentioned that it was completely different from the workshops they've been to in the past. And that they took away a lot from the night.**

- Community Contact

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