



MINDFUL MANHOOD



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**SCHOOL WELLBEING
PROGRAM**



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Today, Shay is on a mission. His goal is to empower young adults with the knowledge and tools to take self responsibility and live their best lives. He is committed to having a positive impact on the world by encouraging others to realise their full potential to live a thriving wholesome life.



MINDFUL MANHOOD

LESSON 1 - TIME TO 'MAN UP'

What's the purpose?

Coming of age as a young man in today's world has never been so challenging. We are bombarded in the media with so many harmful messages around toxic masculinity, and unhealthy examples of manhood. Mainstream advertising, media, movies, music videos and even pornography all play a role in conditioning us to view masculinity through a negative lens. Leaving us to feel confused around the concept of manhood and what it means to be a man in today's world.

In this lesson we deconstruct what it means to be a man, whilst looking at how we came to see masculinity through the lens of toxic and destructive. Furthermore we look at reconstructing healthy transitions into manhood and the importance of understanding themselves to be a better man in society.

Our intention is to develop a self defined understanding of what it means to be a man in today's world.

What will the students learn?

- The role media (TV, social media, video games, advertising, marketing and pornography) plays in the socialisation of our boys in today's world
- A self defined understanding of what it takes to transition from a boy to a man
- A deeper awareness of how the media can influence behaviours
- Discover what it means to be a man in today's world
- The five fundamental truths of Manhood



The boys really appreciated it and they are at the perfect age to start reflecting on and thinking about the actions they are taking in their life right before they graduate school.

Teacher, St Augustines College

LESSON 2 - 'REAL SEX' AND RELATIONSHIPS

What's the purpose?

As human beings we are multi dimensional. Growing into a man requires a heart, mind and body understanding of sexuality. There are many destructive and harmful implications if a deep understanding of healthy sexuality aren't properly integrated and considered.

In this lesson we support the young men to navigate relationships through clear communication and honest feedback. Young men that are loving and kind towards women often don't take time for themselves, so we will explore finding balance with a partner. Also what it takes to fully commit and be a trustworthy man.

What will the students learn?

- How technology can be harmful or extremely useful depends on the intention of the user
- Discover strategies to have intimate relationships with others
- How to be honest with how they're feeling and communicate clearly
- Have respect for women and be a trustworthy person
- The difference between bad sex and good sex



The concept of reflection, based on questions, and providing insight through Shay's personal story provided an engaging session. Everyone left with amazement with the volume of information that was taken on board. The students found it intriguing to hear of the personal story, and how personal salvation utilised aspects of the story to become a better man.

Teacher, St Andrews Catholic College



LESSON 3 - MENTAL WELLBEING

What's the purpose?

It's evident that a part of the human life comes with challenges and hardship, however it's how we choose to respond to these challenges that make us into a true man or not. The reason many men wear masks is because no one taught them how to be real men. Sooner or later the cracks will appear and life can quickly break down.

In this lesson, we will look at the importance of mental wellbeing and keeping a positive mindset for life. We will explore the root cause of depression, anxiety, insecurities and mental challenges that can hold us back from living a fulfilling life.

What will the students learn?

- How to overcome hardship
- Strategies to navigate their psychological needs
- Way to ask for help when they need it most
- Easily implemented tools for developing greater resilience, health and positivity



LESSON 4 - RESPONSIBILITIES OF MANHOOD

What's the purpose?

Affection, teaching, and example are three essentials to optimal human growth. Across the board of mental health, physical health and wellbeing, men lose the prize in every category according to World Health organization.

If you live in a man's body you need to know how to drive it! The purpose of this lesson is to encourage young men to take responsibility and show them how they can be a leader of their own lives. Human survival and destiny is a story that young men can be apart of if they choose to do so.

What will the students learn?

- Why men fake our masculinity by wearing masks and how to let them down
- Understand our emotions and having to intelligence on sharing them honestly
- How to cultivate real mateship with other men Only when we come out of isolation and emotional shutdown can we really be free
- Men who are really happy and free are the ones who are nurturing the whole of life
- Their lives have meaning and they are in this world to care

Want to hear a topic that isn't listed here? Shay is happy to customise a speech ideal for your audience. Contact us today! We look forward to hearing from you.

ABOUT SHAY

Shay is a passionate young man with a real thirst for life. Growing up in Cairns Australia he studied in the USA and has travelled across the globe sharing his message.

Featuring in Netflix documentary, *Liberated: The New sexual Revolution*, Shay has become the face of Transformational Change; he is the host of *The Wholesome Life Video Podcast*, he's toured the USA, UK and Europe speaking at some of the worlds largest Universities, including Cambridge, UCLA, & Berkeley, interviewed on London Live TV, backpacked across over 33 countries, hiked across the Himalayas, and in his spare time loves coaching football.

As the Founder of the Wholesome Life Experience, Shay is warrior at heart. He has discovered true freedom from facing all his shadows and taking responsibility for all of his actions.

Shay inspires his audience to take their life to the next level and chase their ultimate dream. Sharing from his own personal life experiences, his stories transform perspective and builds confidence, inspiring others to be their best.





Start a conversation

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