



## FRIDAY - LEADERS FORUM

Session	Theme	Intent
Empower Panel & Q+A	The state of play for Men in Australia today	We are diving deep with an expert panel to ask the challenging questions around Men and Masculinity today
Interactive Activity	Leaders Connective Experience	As leaders in this space we get to connect and share our stories
Roundtable	Getting clarity on solutions	Creating the Paradigm Shift; A Leaders Discussion on a new way forward for Men & Masculinity
Roundtable	Collaborative Debrief - As a Collective We establish overall key solutions + explore What's Next!	As a collective we need to be in action. We create the way forward for the group to have real impact
Interactive Activity	Acknowledgment Ceremony	We come together to acknowledge the work being done in our communities by the leaders in our field



## SATURDAY - GENERAL SESSION

Session	Theme	Intent
Conscious Comedy Sketch	Layers of Identity - Part 1	Opening the day
Empower Panel & Q+A	Am I a Man Yet?	We explore how men are currently identifying and the effects that can have. When does a boy become a man - what does that involve, how this can be assisted
Conscious Comedy Sketch	You Never Know - What is going beneath the surface	Speaking into compassion/understanding of the experiences of others
Speaker	If you really knew me - The power of vulnerability	A personal, vulnerable account of challenge and change
Interactive activity	Practise sharing "If you really knew me" stories	Being vulnerable can be challenging most of us. We get to practise this in a simple exercise
Conscious Comedy Sketch	Beyond the Beers presents Below the Surface Conversations	We look at how this can look in play out in real life
Roundtable	What's it like to be me?	Explore identity in the public eye The impact of the need for external validation and what to do about it
Speaker	We hear from one of Australia's most popular personalities	Identity to Intimacy - Where, how, and why men are holding themselves back



## SUNDAY - GENERAL SESSION

Session	Theme	Intent
Empower Panel & Q+A	Common Ground Series- Conversation amongst a diverse panel of men on Escapism	A great session for the audience to understand the idea of escapism and the ways in which men escape
Interactive Activity	Meditation for Men	We get an insight to the world of Meditation and understand more about the benefits of the practise
Empower Panel & Q+A	Identity, Intimacy, Integrity + Invitation: championing men	A Women's perspective on championing Men
Roundtable	Putting all of this into your life: Safety, relationships, integrity	Integrating the learnings so far and exploring these topics around safety, permission & relationship
Empower Panel & Q+A	Young Buck; Old Bull	A panel discussion amongst elders and young men
Interactive Activity	Acknowledgement ceremony	Writing a letter to a mentor or role model to Acknowledge them, then letter to self
Conscious Comedy Sketch	Layers of Identity - Part Two	Closing the loop
Interactive Activity	Yarn of Legacy	Closing the day