

MORE THAN THE GAME

TOMORROW MAN WORKSHOPS FOR MEN

Murray PHN would like to acknowledge the support and assistance provided by the following organisations to help bring these workshops to your community: Mallee Sports Assembly, Sports Focus, Sport North East and Valley Sport.

Help strengthen your club's culture and performance with a free workshop

Murray PHN is excited to offer sporting clubs the opportunity to participate in a **More than the Game** workshop with [Tomorrow Man](#).

This two-hour immersive workshop, delivered onsite at your club, allows men in sports some time out to have the conversations that will help to gain self-confidence, build resilience and bring everyone closer.

Murray PHN is funding the sessions and will cover the costs of refreshments (food and non-alcoholic drinks only) for participants, up to a maximum of \$1000 per workshop.

WORKSHOP CONTENT

During the two-hour workshop, participants will be supported to:

- unpack the outdated gender stereotypes that are often destructive to team and club culture
- build awareness around the impact of gender stereotypes on the team dynamic and individual behaviour
- learn how to build trust both on and off the field
- strengthen the fabric of the team through connection, empathy and understanding
- build the muscle of speaking up/ speaking with gravity, holding space and curiosity over judgment
- create their own version of the Aussie sportsperson.

Note: each workshop accommodates a maximum of 80 participants

EXPRESSION OF INTEREST FOR SPORTING CLUBS

MORE THAN THE GAME WORKSHOPS

ELIGIBILITY

All sporting clubs in the Murray PHN catchment are eligible to apply. The target audience for the workshop is men aged 15+.

WHAT WE NEED FROM YOU

To host a workshop, you will need to:

- nominate a club contact to coordinate any workshop logistics
- identify a suitable venue - this can be at your club or another venue in your local community
- nominate potential dates for the workshop between March-May 2025
- promote the workshop to your club members and broader club community
- ensure a minimum number of 20 participants in order for the workshop to run.

This is an alcohol-free event. Alcohol is not permitted to be purchased or consumed during the workshop.

HOW TO SUBMIT YOUR EOI

Step 1: CHECK YOUR ELIGIBILITY	Before submitting an EOI, check your sporting club is in one of the LGAs in the Murray PHN catchment .
Step 2: PREPARE AND SUBMIT	To express your interest, answer a few simple questions about your club via the EOI response form. EOIs close at 5pm, Tuesday 18 February 2025. Please note that we are only able to offer this workshop to 10 sporting clubs, so if your club is interested, we encourage you to apply as soon as possible. Places will be allocated as applications are received.
Step 3: ACKNOWLEDGEMENT	Murray PHN will provide an acknowledgement by email to confirm receipt of your EOI application.

NOTIFYING CLUBS OF THE OUTCOME

Murray PHN will notify clubs of the outcome of their EOI by 21 February 2025.

ENQUIRIES

If you have any questions, contact Tom Walsh, Suicide Prevention Coordinator t: 02 6041 0027 or e: twalsh@murrayphn.org.au

"A really great bonding session for the team. I hope no other club has done this because I reckon this could get us the flag cos we were so much closer afterwards."

Workshop participant