



the heard man



MEN'S WEEKEND PROGRAM

Connect with men in an environment that cultivates empowerment, communication and support

Navigating life can be tough when doing it alone. As a man seeking deeper fulfilment and relationships, this program offers a level of connection through a supportive community. Here, we recognise that isolation, loneliness, and fear often stem from the narratives we carry. By sharing our experiences, we create a space that fosters deeper relationships and the courage to embrace change.

This program is facilitated by a team of experienced professional men who educate, encourage and support participants to achieve greater awareness. Their insights and shared journeys create a powerful brotherhood, ensuring you feel understood and valued. Join us for this connecting weekend where every voice, every experience and every story counts. ✨

28 FEB-2 MAR 2025 27-29 JUN 2025

In this program, you will learn to:

- Understand emotional development and awareness
- Manage your life with more skill
- Explore how movement can inform you
- Learn relaxation and sleep strategies for this 'busy world'
- Develop practical strategies to understand and improve your verbal communication
- Explore the benefits of journaling and working with clay
- Explore the values of listening, sharing, accountability and integrity



FINANCIAL HELP AVAILABLE TO ATTEND OUR PROGRAMS

The Quest for Life Foundation is a not-for-profit organisation providing programs and workshops based on the latest scientific research on health, healing, epigenetics and neuroscience.



LIMITED PLACES – CALL TODAY:
1300 941 488 questforlife.org.au