

BUILDING BETTER BLOKES

STRENGTH, POWER, CONTROL – THE VIRTUES THAT UNDERMINE PRODUCTIVITY, LONGEVITY & HEALTH

Strategies to fortify your DNA, preserve your strength and extend your productivity in the short and long terms

Objectives

Sadly, Australian men tend to die approximately five years sooner than our female counterparts. For some women this is not soon enough! But this is not about them; it is about a far more neglected population: Blokes. This workshop will help you identify behaviours and habits that may ultimately determine what diseases you get, why your energy level fluctuates, why doing nothing is so difficult and perhaps even your cause of death. Better still, it will offer practical, doable suggestions to empower you to take control of your medical and physical health. After all, who wants to spend their superannuation on health care! Not when there are so many toys, places and experiences to enjoy.

Overview

I use the eight dwarves (yes, eight) as examples of hard working men with underlying health issues common in our society. This presentation introduces each dwarf and the problems which will ultimately impact on their employment, productivity, relationships, self esteem and financial health. Introducing the health issues of other men (the dwarves) removes any judgmental or accusative tone as we identify why the male stereotype is predisposed to ill health and early death.

Over the course of a day, the workshop reveals powerful strategies to:

- Identify your health risks
- Explore your barriers to health
- Develop a mindset of vigilance
- Make correct decisions (most of the time)
- Tweak your life to improve health outcomes
- Hold back gravity
- Enjoy Life!

Find out how to

- Recognise daily environmental hazards to your health
- Transform your decision making
- Achieve tiny goals every day
- Leverage your small changes into major breakthroughs
- Turn activity into training
- Access your vast store of common sense and put it to good use.
- Lift productivity by smoothing your energy fluctuations
- Lose stored body fat, build muscle mass and reduce your waistline
- Have the strength and energy levels to (one day) play with your grandchildren

Presenter

Professor Craig Allingham is an Australian sports physiotherapist with an international clinical and business reputation. With qualifications also in sports science and men's health he spent 17 years with Australian Baseball as their coordinator of sports science and medicine and also travelling as their physio. Craig has been away with four Australian Olympic Teams preparing and repairing the athletes for their peak performance. After watching his 'invincible' father deal with the effects of prostate cancer Craig researched the reasons behind men's failure to devote the same effort and resources to their health as they do to their career, car, wine collection and so on. An accomplished teacher, and Asst Professor at Bond University in the Faculty of Health Science and Medicine, Craig regularly teaches overseas and has presented keynote addresses on men's health in Australia and more recently in Europe where they share our challenges. Best of all, he will entertain as he informs and brings personal experience to the topic.

Workshop Schedule

9:00am	Welcome/ Introduction
9.15am	<ul style="list-style-type: none"> The Eight Dwarves Guide to Men's Health
10.15am	Move
10.20am	<ul style="list-style-type: none"> Finding your 'Why' – what is in it for you? For others?
10.45am	Take on Fuel
11.00am	<ul style="list-style-type: none"> Identifying your personal health risks (genetic, behavioural, environmental) Listing your barriers to improved health behaviours Exploring solutions to overcome barriers
12.30pm	Refuel again. Move around a bit
1.15pm	<ul style="list-style-type: none"> How to turn activity into training – useful stress Ways to manage your energy levels
2.00pm	Move
2.05pm	<ul style="list-style-type: none"> The 10 biomarkers of ageing – how to slow them Fortify your DNA – building resilience
2.45pm	Take on Fuel to get us home
3.00pm	<ul style="list-style-type: none"> Bringing it together – your personal plan Question and Answer Session
4.15-4.30	Feedback & Close

This workshop is ideal for in-house delivery for blokes in workplace teams seeking greater personal strength and resilience, improved self esteem and higher productivity.

Enrolment Form – Building Better Blokes

Send this form to Acorn: Fax (02) 6217 7001 or e-mail to courses@acorntraining.com.au

Venue: Acorn Training Centre: 74 Townshend St Phillip

Course date:

Time: 9.00 a.m. to 4.45 p.m.

Person 1	_____	e-mail	_____	date	_____
Person 2	_____	e-mail	_____	date	_____
Person 3	_____	e-mail	_____	date	_____
Person 4	_____	e-mail	_____	date	_____
Person 5	_____	e-mail	_____	date	_____
Person 6	_____	e-mail	_____	date	_____

Organisation _____ Branch/Division _____

Address _____

Phone No _____ Fax No _____

Payment Details

Total price \$545 x _____ attendees = \$_____ \$495 early bird price (early bird applies up to three weeks before the date of the workshop).

1. Credit Card (Amex, Diners, Visa, MasterCard)

Name _____ Card No _____

Expiry date _____

2. Invoice

Signed off by _____ Name _____

Email invoice to:

Terms: Payment is due on or before the day of the course. Cancellation is accepted more than seven days prior to the course date otherwise another person may be substituted. You have purchased a place on the date shown above; changing your booking to a later day incurs an administrative fee. We suggest you send a substitute if you can't come at the last minute.