



**DURATION:**  
**1 HOUR**

**ATTENDEES:**  
**UNLIMITED**

# EXPERIENCE SHARE + Q&A



In this high impact session, Anthony shares his incredible survival story and the tools he developed on his path to recovery - ones that can be applied in our own lives when facing significant challenges.

This format is designed for an intimate experience, perfectly tailored to your community group, sporting club, or workplace. Topics covered can include:

- **Spot the signs:** start a conversation
- **Identify:** get triggers out of your head + onto paper
- **Connect:** visit GP + confide in a mate
- **Plan:** 4 steps to improve your mind health
- **Track:** progress + check-in

This experience provides attendees with a unique opportunity to connect and ask specific questions to someone who has walked the walk. Anthony encourages 'after talk' calls, which makes it a truly personal experience.

**"Sparked numerous lunchroom conversations  
that staff weren't having before"**

Neil Duggan

**DuluxGroup** 



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