



# Good Yarns. Better Days.

## The Art of a Good Yarn Workshop – What to Expect

The Art of a Good Yarn is designed to help working age men have better yarns, building connection, trust, and community through honest conversations.

Here's a quick overview of what to expect:

### 1. Initial Contact

After your GP, HIP, Nurse, or Health Coach refers you, we'll be in touch. We'll have a quick yarn to check in, make sure it's a good fit, and answer any questions you might have. You'll get clear details about when, where, and what to expect – including parking, the venue, and who'll be there.

### 2. Welcoming Environment

Our workshops are held in relaxed, bloke-friendly spaces to help make chatting easy. You'll be welcomed by our team, introduced to a few other fellas, and join in some good yarns.

### 3. Genuine Yarns

You'll have the chance to share real, honest yarns about what matters most to you – no politics, no preaching. You'll also discover your personal values, practice simple ways to deal with "Monkey Mind" thoughts, and connect with others in a way that feels authentic.

### 4. The Way of the Yarns Men

To keep things safe, welcoming, and supportive, we follow **The Way of the Yarns Men**:

- **Be a Good Bugger** – Back your fellow Yarns Man, listen without judgment, treat everyone with respect – even if you don't see eye to eye – and what's shared in a yarn stays in the yarn.
- **Real Talk, No Bull** – Honesty takes guts, and a good yarn goes both ways. Share your yarn and allow others to share theirs. We yarn with each other, not at each other.



- **Give a Bit, Get a Bit** – Share your wins, your struggles, and your time. You get back what you put in.
- **It Takes Guts to Be Real** – Opening up isn't weak, it's brave. Dropping the mask makes for real connection.
- **Stay Curious, Keep an Open Mind** – Every fella's got a story. Ask questions, listen in, and share from your own experience. No politics, no preaching – just honest yarns about what matters to you.

## 5. Quick Check-ins

Since this is a pilot, we'll occasionally ask you to do quick surveys or chats to see how everything's going and find out how we can improve.

## 6. Ongoing Support

We'll stay in touch during and after the workshops to see how you're going, and offer support or a listening ear if you need it.

## A Few Other Things to Know

- It's about small groups of men – real talk, not big lectures.
- You don't need to be an expert talker – just willing to have a go.
- If anything's not feeling right for you, you can always pull one of the team aside for a quiet yarn.

We're here to help you feel connected, valued, and heard.

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