

NEW

# the heard man

Quest  
for Life  
FOUNDATION

MEN'S WEEKEND  
RESIDENTIAL PROGRAM

## Men Supporting Men: A Weekend of Connection and Healing

The Heard Man: Men's Weekend program is designed to empower men by fostering a safe environment where they can address life's challenges such as grief, depression, illness, and trauma, while connecting authentically with themselves and others. Receive tools and strategies for resilience, self-awareness, and authentic connection - elements that are vital for navigating today's challenges.

This ground-breaking 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. ✨

28-30 NOV 2025    6-8 MAR 2026    15-19 JUN 2026

*"I didn't know I needed it until I'd done it. This program gave me the confidence to get on with life again with renewed vigour. It was a truly amazing weekend and totally life-changing. I highly recommend it to anyone."*

*– Boysie, recent The Heard Man participant*

### In this program, you will learn to:

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



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REGISTERED  
PROVIDER

### 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](http://questforlife.org.au)

