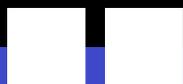
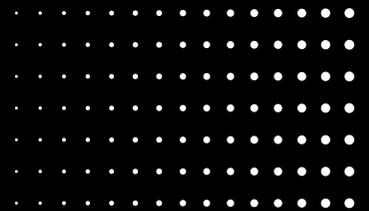


**B2B**

Bloke2Bloke Counselling & Programs

# **KICKFIT MINDS PROGRAM**



[bloke2bloke.com.au](http://bloke2bloke.com.au)

# BUILT FROM EXPERIENCE

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*“RE-ENGAGING WITH LIFE, RECONNECTING TO WHAT’S IMPORTANT.”*



My name's Andy, and I'm the founder of Bloke2Bloke and the KickFit Minds program. I'm an **ACA registered counsellor** and a qualified personal trainer, but just as importantly, I've faced many of the same challenges young men go through today.

For years I bounced from one problem to the next — angry, frustrated, and wondering why life felt so hard. Like many blokes, I didn't pay much attention to my mental or physical health until I realised they were the cornerstones of everything.

When I started taking care of my wellbeing, I reconnected to what was important. It gave me the chance to re-engage with life and get back in the driver's seat, taking responsibility instead of just being dragged along.

*“RELATABLE SUPPORT THROUGH MOVEMENT, MINDSET, AND MENTORING.”*

KickFit Minds was built from that experience. It brings together movement, mindset, and mentoring in a way that's relatable and effective. It's a place where young blokes can test themselves, grow in confidence, and realise what they're capable of.

For me, Bloke2Bloke comes down to one thing... creating happy and productive young men — moving them closer to becoming the bloke they want to be.



1

# ABOUT BLOKE2BLOKE

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## SOMETHING UNIQUE

Bloke2Bloke offers young males and teens a unique path to harness their well-being. We understand the pressures young blokes face today—whether it's changing societal expectations, the need to suppress emotions, or uncertainty about the future. Our approach is simple yet powerful: we create a laid-back, relatable space for young men to talk freely, explore their challenges, and work through obstacles without feeling judged or told how to be.



## UNLOCKING POTENTIAL

At Bloke2Bloke, we're all about empowering young males to take charge of their mental and physical health. Our goal is to support them in discovering who they truly are, building meaningful connections, and making positive changes in their lives. We offer a range of expert counselling methods always conducted in a relaxed, down-to-earth setting.

By creating a space where young males feel comfortable opening up, we help them gain the confidence and skills they need to move forward on their own terms. It's all about equipping them to become the best version of themselves, whatever that looks like.



2

# WHY YOUNG MEN NEED PROGRAMS

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## DISCONNECTION

The number of young men feeling disenfranchised from not just their community but society as a whole is on the up. The rise of social media, lack of clear direction, and poor understanding of the unique and specific needs of males are all contributors leaving them not only feeling disconnected from others but also from themselves. This lack of connection ultimately leads to disengagement with friends, family, and education.



## VALUING THEIR CONTRIBUTION

Recognizing the pressing need to address this issue, programs like KickFit Minds play a crucial role in bridging the gap by providing a supportive environment and tailored guidance to young men on a level they can relate to.

By addressing key topics that matter to them—such as rediscovering their purpose, enhancing their communication skills, and navigating the complexities of the online world—these initiatives help young men make sense of their roles in society. As they gain a deeper understanding of how they fit into the broader picture, they come to appreciate the intrinsic value of their contributions, with their education serving as one of the most powerful facilitators in this journey.

## THE RE-ENGAGEMENT EFFECT

If a young man reconnects with *himself*, he will reengage with his *community*



young man reconnects with his *community*, he will reengage with his *education*



young man reconnects with his *education*, he will reengage with *society*

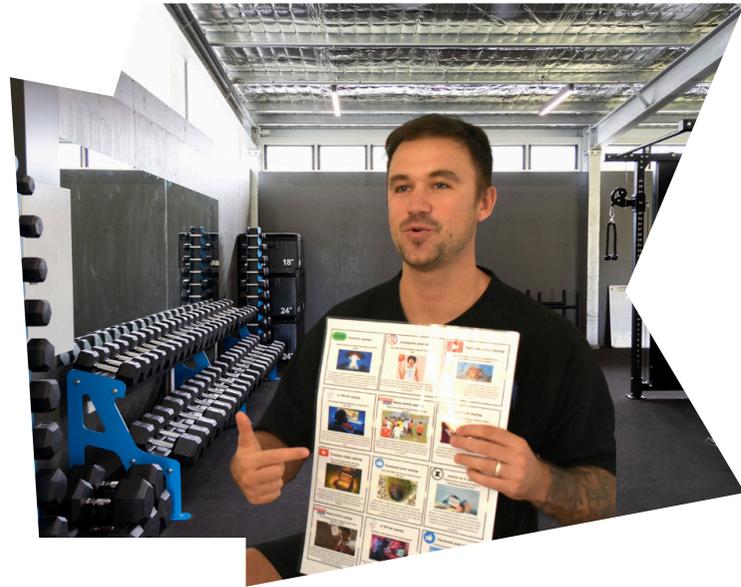
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# KICKFIT MINDS PROGRAM

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## *A DYNAMIC WELL-BEING PROGRAM FOR TEENS & YOUNG MEN*

“KickFit Minds combines professional group counselling with physical activity. It starts with a martial arts-based group workout that’s suitable for all fitness levels. Martial arts serves as a great tool to connect its core principles—respect, discipline, focus, resilience, and responsibility—to the everyday lives of the young men in the program.



After getting their bodies moving and the blood flowing, the young men dive into structured activities and group discussions on the topics that matter to them, such as improving communication skills, boosting self-confidence, and understanding their life’s purpose.

The sessions are designed to be fun, relatable and supportive, creating a safe space for teens to address their specific needs, facilitated and guided by an experienced ACA counsellor and personal trainer

A key aspect of these sessions is recognising the important link between mind and body. KickFit Minds aims to tap into this connection to enhance overall well-being and help teens make the most of both their mental and physical health.

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# WHAT ARE THE BENEFITS?

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## STUDENTS WHO COMPLETE THE 8-WEEK PROGRAM REPORT EXPERIENCING:

- More self confidence
- Fresh perspectives
- Greater sense of community
- Improved fitness and better self-image
- Better communication skills
- Insight into what's causing their problems
- Actionable steps to improve their situation
- Renewed sense of direction
- Better decision-making skills



## COMMUNITY AND CONNECTION

It's a platform for shared experiences and community-building. Engaging with peers facing similar challenges, students find comfort in knowing they're not alone. Teachers have noted that students who rarely interact often form lasting connections, continuing to support each other long after the program ends

## ACCOUNTABILITY AND ENCOURAGEMENT

Group work fosters accountability, as knowing classmates rely on their participation motivates commitment and consistency, enhancing both program and school engagement.

## BUILDING LEADERSHIP QUALITIES

Group activities build leadership qualities like initiative, responsibility, and the ability to inspire others. These traits benefit students academically and give them an edge in future careers

## PERSONAL GROWTH AND SELF-DISCOVERY

Promotes personal growth by encouraging self-reflection on values, strengths, and areas for improvement, helping students build a clear sense of identity and the ability to navigate school and life with confidence and purpose.

## THE POWER OF ENDORPHINS

Physical activities boost endorphins, lifting mood and promoting calm. This helps students feel more open and engaged in discussions, enhancing session effectiveness.

## PRACTICAL SKILL APPLICATION

The program bridges theory and practice, teaching emotional control and communication skills that students can apply both personally and in school, delivering immediate, tangible benefits.

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# HOW DOES IT WORK?

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This 8-week program is designed for any young man or teen who wants to level up their well-being, whether they're facing specific challenges or just want a greater insight into themselves and the world around them, this program can be a real game changer for all.

Sessions take place at schools, youth groups, and community centres across the Gold Coast. They are capped at 12 participants to ensure everyone gets enough attention and a fair chance to participate.

During our 60-minute sessions, we generally stick to a structured routine:

**1** Check-In: We'll kick things off with a casual check-in to see how everyone's doing.

**2** Martial Arts Principles: We'll explore a principle of martial arts, such as discipline, and engage in a structured discussion about what discipline is, why it's important, and how we can apply it to our own lives.

**3** We'll engage in a martial arts-based workout featuring fun team fitness drills, followed by practising new combinations on the pads. This approach promotes both physical fitness and mental alertness.

**4** Follow-Up: We'll take a quick look back at what we tackled last time and make sure we're making progress.

**5** Structured Activity Segment: Each session includes a focused exploration of key topics through carefully designed activities, tailored to resonate with teens and support their personal growth.

**6** Guided Discussion: We'll engage in facilitated discussions where we collectively share insights and discoveries.

**7** Actionable Planning: To wrap up, we'll collaboratively identify practical steps to integrate what we've learned into daily life, helping to put new insights and skills into action.

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# TOPICS

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## WHAT MATTERS TO ME?

Students rank topics that matter to young men and explain their choices. This activity sparks personal reflection and group discussion, fostering a deeper understanding of their collective values and enhancing communication skills. It also helps dictate the direction of future sessions.

## MEDIA, AND CRITICAL THINKING

Students learn essential online safety practices, how to critically assess information, and the importance of media literacy. They engage in activities that empower them to identify credible sources and recognize online risks, resulting in informed decisions and greater confidence in navigating the digital world.

## CHALLENGING THE INNER CRITIC

In this workshop, students identify and then confront their inner critic and learn to reframe negative self-talk. They explore strategies for building self-compassion and resilience, leading to greater confidence and a more positive self-image.

## UNDERSTANDING CORE BELIEFS

Students explore their core beliefs, examining how these shape their identities and decisions. Through interactive activities, they reflect on personal experiences and challenge limiting beliefs, resulting in greater self-awareness and confidence in their choices.

## HEALTHY RELATIONSHIPS AND BOUNDARIES

Students learn the fundamentals of healthy relationships and the importance of setting boundaries. They explore communication skills, respect, and mutual support, resulting in stronger connections and a clearer understanding of personal limits.

## BUILDING POSITIVE HABITS

Students discover the importance of cultivating positive habits for personal growth. Through interactive activities and discussions, they learn practical strategies to establish and maintain habits that promote well-being, resilience, and success in their daily lives.

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# TOPICS

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## SEX PORN & CONSENT

Students explore important topics around sex, pornography, and consent. They learn to navigate intimate relationships, understand boundaries, and make informed choices, equipping them with vital skills for healthy interactions.



### WHAT DO THE SESSIONS LOOK LIKE IN PRACTICE?

#### EXAMPLE SESSION: VALUE BASED DECISION MAKING

1

We'll kick off the session by checking in with everyone, fostering a group discussion about individual experiences from the previous week. We'll highlight achievements and struggles, encouraging students to offer feedback and encouragement to one another during this process.

2

To begin, we'll engage in a warm-up, setting the stage for today's workout centred around Muay Thai (Thai kickboxing), an ancient martial art that highlights focus and respect. Throughout the session, we'll delve into the importance of channelling energy and aggression productively and emphasizing the development of discipline and self-control. Additionally, we'll participate in some fun team-based exercises.

3

We'll follow up and discuss the topic we covered in the previous session for example we might explore how the students have identified and worked on overcoming their limiting beliefs. During this discussion, we'll collectively provide feedback on the insights and strategies discovered.

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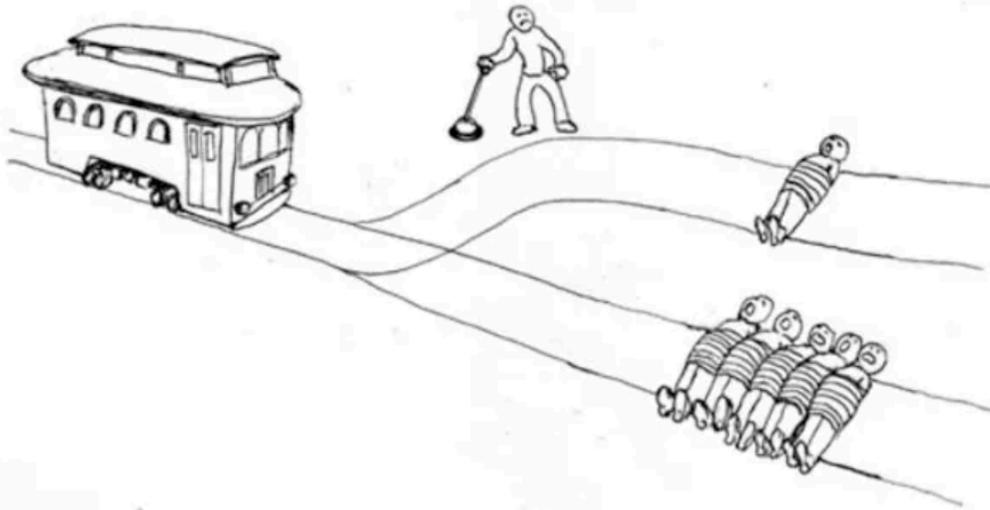
We'll introduce our topic and explore its underlying concepts. For instance, I'll highlight how our decisions can significantly affect ourselves, others, and our future. Additionally, we'll outline our goals for this session.

8

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The students will then get into the activity segment, for example they will be presented with an Ethical dilemma:

A runaway trolley is headed toward five people on a track. You can switch it to another track, saving the five but sacrificing one person. Do you pull the lever?



We'll split the participants into smaller groups to discuss the implications and ethical principles of this decision. The group will likely have different opinions on what is the best decision. At this point we will facilitate a constructive debate with the intention of highlighting that it's our values that are the guiding factor in our decision making. We will run through a few value clarification exercises so the students can identify the values most important to them.

6

we'll then engage in a group discussion to explore the similarities and differences in our values, and how these factors might shape our individual decisions.

Additionally, we'll identify ways in which we can leverage our values to guide our choices. We'll also discuss strategies for navigating situations where we might be faced with the prospect of making decisions that contradict our core values.

7

Finally, as a group, we'll draw conclusions from our discussion and formulate a plan on how we can apply the insights gained over the next week. An example of this might be referring to our values clarification hand out to help make a difficult decision at home or at school.

# WHAT OTHERS ARE SAYING

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## CHASE: YEAR 9 ORMEAU WOODS



“The program helped me develop my leadership skills and gave me the chance to understand what other kids were thinking, and to see if they thought the same as me.”

## SIMON: STUDENT SUPPORT OFFICER ORMEAU WOODS

“I highly recommend Kickfit Minds. It truly engages students, and we’ve seen real benefits—from improved attendance to greater respect in the classroom. The program tackles important issues while supporting both physical and mental health.”



**SCAN** FOR MORE VIDEO TESTIMONIALS!



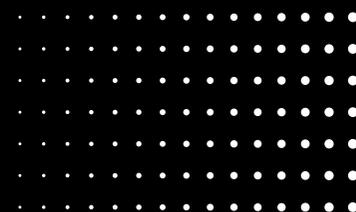
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# BLOKE2BLOKE

COUNSELLING & PROGRAMS



“ Helping young men become the bloke they want to be! ”



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