

Menergy Workshop Facilitator Guide 2026

Welcome

Menergy is a gathering that invites men into a deeper relationship with themselves, each other, and the natural world. Workshops are an important part of that experience.

Workshop proposals are due:

5:00 pm, Friday 4th September 2026

but earlier proposals are welcome – the form is open now!

Our Values

Everything at Menergy is guided by these principles:

- **Welcome** – Every man is warmly welcomed.
 - **Understanding** – Every man has a unique story worth hearing.
 - **Acceptance** – We welcome all ages, cultures, sexualities, identities, beliefs and lifestyles.
 - **Conversation** – Honest sharing helps us realise we are not alone.
 - **Growth** – Men support one another to learn and grow.
 - **Community** – We build genuine connection through shared experience.
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Facilitating at Menergy

Menergy is different from many festivals.

We intentionally minimise hierarchy. We have Workshop Facilitators, not teachers or gurus. Participants are not looking for experts. They are looking for authenticity, lived experience and genuine connection.

Many excellent workshops come from men simply sharing something meaningful they have learned in life.

Professionals, therapists and health practitioners are very welcome, provided the workshop remains an experience rather than a lecture.

Facilitators Are Participants

Workshop facilitators are expected to attend the entire gathering.

This means participating in:

- Tribal Groups
- Community activities
- Other workshops
- Shared meals and conversations

Facilitators are part of the community rather than separate from it.

Tickets

Workshop facilitators purchase a participant ticket like everyone else, including organisers and volunteers.

Accepted facilitators receive a discounted ticket.

- Facilitator ticket: **\$450**
- Ticket must be purchased within **7 days** of provisional acceptance.
- Your workshop is only confirmed once your ticket receipt has been submitted.

If cost is a barrier, contact the committee.

Marketing Guidelines

Menergy is **not** a trade show.

Your workshop should be a complete experience rather than a promotion for another program or business.

Please avoid:

- selling during workshops
- teaser sessions designed to drive later sales
- promotional pitches

Participants may naturally ask about your work outside workshop time.

Business cards and brochures may be displayed on the community information table, and one business name and URL can be included in the Participant Handbook.

2026 Theme – Courage for Love

Workshops don't need to focus solely on the theme, but proposals that support it are encouraged.

Topics especially welcomed include:

- men's mental health
 - trauma
 - addiction
 - anger and emotional wellbeing
 - rites of passage
 - fatherhood
 - relationships
 - sustainability
 - connection with nature
 - balancing self and family
 - facilitated conversations and yarning circles
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What Makes a Great Workshop?

The program aims to provide a diverse experience across the weekend.

Successful workshops often:

- introduce fresh topics
- cater to different learning styles
- balance thinking, feeling and doing
- offer complete experiences rather than introductions only
- provide pathways for continued learning after Menergy
- support both newcomers and experienced participants

If you've presented previously, consider refreshing your workshop to reflect this year's theme.

Duty of Care

Workshop facilitators share responsibility for creating an environment where every man feels:

- welcomed
- respected
- supported
- included

Model the behaviour you hope to see in others.

Nudity Policy

Menergy has a **No Public Nudity** policy.

Workshop-based nudity may only occur with prior approval from the Men's Wellbeing Executive.

Participants aged **17 years or younger** may not attend workshops involving nudity.

Menergy Guidelines

These principles guide our Menergy community and you should be ready to uphold these guidelines in your workshop. Particularly relevant in the context of a workshop are:

Confidentiality

Workshops often encourage personal sharing. If this is likely in your workshop, ensure your introduction gives the group a chance to commit to confidentiality. Stories shared within workshops remain confidential.

If a confidential sharing causes you concerns for someone's safety, notify the Leadership Circle.

Speak from "I"

When participants are sharing, encourage them to use language that places them in their lived experience. Examples are “I did...”, “I felt...”, “My experience is...” Avoid generalising statements like “You know when...”, or statements that put the experience onto someone else, e.g. “She/He/They are...”, “It is...”

Respect

Enable all participants to:

- listen fully
 - avoid put-downs
 - arrive on time
 - treat everyone as equals
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No Cross Talk

Allow each person to speak without interruption.

Advice

Offer advice or feedback only when it has been requested.

When giving feedback, speak from your own experience.

Stay Grounded

Avoid excessive philosophising or moralising.

Focus on authentic experience.

Passing is Always OK

Remember that participation is always by choice and anyone may pass without explanation.

All Feelings Are Welcome

Sadness, fear, anger and joy are all valid.

Encourage honest expression.

Inclusion

Menergy welcomes all people who identify as male.

We are committed to creating an environment that is:

- welcoming
- respectful
- inclusive

Facilitators should use inclusive language and avoid assumptions about:

- gender
- anatomy
- sexuality
- identity

We value the diversity of men's experiences and believe everyone has something meaningful to contribute.

Application Time!

You've reached the end and are ready to [submit your proposal using the online application](#).

Please then send:

- portrait photo for marketing to workshops@menergy.org.au
- optional 90-second workshop video

The marketing team can assist with:

- promotional graphics
- social media posts
- brochures
- promotional copy

Workshop facilitators are encouraged to help promote the gathering with several posts or emails leading up to the event.

If you have further questions, please contact the Workshops Team via workshops@menenergy.org.au