



# INSPIRING CHANGE IN THE WORKPLACE

CORPORATE **WORKSHOPS**



# MEL THOMAS, VIOLENCE EXPERT AND EMPOWERMENT COACH

Described as 'enigmatic' by Business Chicks and 'an inspiration' by Marie Claire Magazine.

Mel's story of triumph over violent adversity has been featured on SBS, ABC, & 7 News and more.

Mel Thomas is a writer, speaker, media commentator, mother of two girls and black belt with more than 15 years martial arts experience in Hapkido, the Korean art of self-defence.

In 2013, Mel was awarded a scholarship with the Layne Beachley Aim for the Stars Foundation and founded the KYUP! Project in response to a wave of child-on-child assaults and family violence reports in her local area. KYUP! means to SHOUT! and is a proven grass roots series of violence prevention education programs.

Mel's approach to self-worth and self protection has inspired thousands of teens and adults to bravely break boundaries and believe in themselves.

## CREDENTIALS

- 2005 Australian Hapkido Woman of the Year
- 2013 Recipient; Layne Beachley, Aim for the Stars Foundation
- 2015 Ambassador; Layne Beachley, Aim for the Stars Foundation
- 2016 Australian of the Day; Australian of the Year Awards
- 2017 Nominee; Australian of the Year Awards
- 2017 Finalist; InStyle and Audi Style Women of Style Awards
- 2018 WINNER; GAME CHANGER, Cosmopolitan Women of the Year Awards



# BREAKING THE CYCLE OF VIOLENCE IN AUSTRALIA

KYUP! interactive workshops delivered to more than 10,000 Australians in schools, uni, workplaces and the community since 2013.

Specialising in programs and mentoring for indigenous and at-risk youth.

Preferred provider of violence prevention education for Australia's National Anti-Bullying Campaign - You Can Sit With Me.



1 in 3 women have experienced physical and/or sexual violence perpetrated by someone they know

Intimate partner violence is the leading cause of preventable death for girls and women aged 15 - 44.



1 in 4 children are exposed to domestic violence

**KYUP!**  
PROJECT

# STRONGER THAN YOU THINK

Thank you for the opportunity to deliver an empowering workshop for the men and women of your organisation.' Stronger than you think ' workshop based on the principles of self worth and the basics of self defence that can be adapted from 60-120 minutes.

At KYUP! Project, we believe just like you don't need to be a lifesaver to know how to be safe on the beach, you don't need to be a black belt to be safe on the street.

'Stronger than you think ' is a fun, safe and practical approach to boosting self esteem and replacing fear with confidence for all ages and physical abilities. No matter a person's size or strength everyone will be able to fully participate.

More than learning to fight off potential attackers, award winning presenter, Mel Thomas will motivate and inspire your team to:

- Break through limiting self beliefs,
- Tune into your intuition,
- Speak and present with confidence,
- Empower others in all areas of your life;
- Boost energy levels.



## WORKSHOP

# WORKSHOP OUTLINE:

- **JUDGEMENT FREE ZONE** – whatever your gender or role in the organisation from CEO down this workshop is a level playing field. We are in fact all equal and with Mel's coaching we will prove it!
- **MIND** – tune into your intuition and courageous decision making. Strengthen your self belief and connect with the aspects of yourself and your work and home life that bring you joy and satisfaction.
- **SPIRIT** – building on the core values of your organisation - individually strong, even better together. In this session we talk about ethical bystanding, finding your voice and the courage to speak up for yourself and others.
- **BODY** – heads, shoulders, knees and toes - easy to recall self protection basics with strategies and tips to be prepared not scared.
- **BREAK THROUGH** – at the end of the session participants will discover just how strong they are by breaking through a wooden board with black belt and Australian Hapkido Woman of the Year Mel Thomas.

# WORKSHOP REQUIREMENTS:

- Interactive style workshop requires enough space for participants to pair off and practice self defence basics both seated and standing.
- With access to lapel mic, AV and Mac compatible presentation hook-up.
- Participants are invited to wear whatever they came to work in that day - for practice women can bring along comfortable shoes.

# RECENT CORPORATE AND COMMUNITY CLIENTS

SCENTRE GROUP

Owner and Operator of *Westfield* in Australia and New Zealand

**LJ Hooker**



**WLF**  
WOMEN'S LEADERSHIP FORUM

**LBDGROUP**  
CONNECT. INSPIRE. SUCCEED



*Relationships Australia*



KYUP! Project Workshops have been presented to more than 10,000 students in schools across Australia and NZ.

# FEATURED IN:



*Business  
Chicks*

**InStyle**

**SHE SAID**

**Herald Sun**

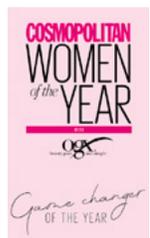
**Mama!a**

Australian of the Year  
Awards 2017

**AudiMagazine**

**Daily Telegraph**

**marieclaire**





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