

Scott Toohey



SPEAKER, WORKSHOP FACILITATOR AND ACTOR

Scott is a Keynote Speaker and Workshop Facilitator of "The Hero Within". After many years working internationally as a performer and educator, Scott now empowers our younger generation by sharing his journey from being a high flying, well-loved member of society, to hitting rock bottom in rehab. "Everyone needs a hero to look up to. My mission is to help the future generation of men to uncover that hero within themselves".

WE ALL HAVE OUR OWN "INNER HERO"

**YOUR CONNECTION TO YOURSELF
WILL SERVE YOU FOR THE WHOLE
OF YOUR LIFE.**

**IT'S TIME TO CHANGE THE
DEFINITION OF MASCULINITY AND
IT STARTS WITH YOU.**

THE HERO WITHIN

Scott began developing **The Hero Within seminar** in 2010. Over his years of teaching, Scott observed a critical gap between the pressure of achievement that is placed on young men, and their emotional and mental wellbeing. Scott observed that the practising of healthy male connection was rarely taught or recognized in classrooms or the playground. Combined with the impact of social media, magazines and other modern, idealistic "role models", the presence of genuine mentoring for young men is lacking. The outcome of this lack in connection is increased suicide, mental health issues and addictions in our younger generation. "I teach young men to become the hero they always thought they needed by learning how to authentically connect to themselves and others". Through learning to value who they are and by developing authentic connections, young men can understand how to be less affected by the false ideals and imposed characteristics society gives them of what it means to be a man. In *The Hero Within*, Scott draws on his teaching and performing expertise to customise the content to the dynamics of each group. This ensures relevancy and engagement.

"Emotional awareness and self-regulation must be taught to our young men to save them from becoming statistics, and it needs to happen now." Activities such as 'The Method of Connection', improvisation and scene work have become the tools for self-discovery and acceptance in his workshops and talks. As a strong male role model and teacher, Scott helps the young men of today feel 'whole' in their masculinity rather than fragmented and confused. One of his unique talents is the ability to hold a safe space for students to process emotion and understand it is okay to be themselves

"You should do Ted Talks Mr T"

Student Michael.





SCOTT'S JOURNEY



“WHAT YOU HAVE TAUGHT ME HAS CHANGED MY LIFE FOREVER, THANK YOU MR T”

STUDENT PAUL

Scott went to an all-boys private school with the motto: Virile Agitur, which translates as 'The Manly Thing is being done'. Sporting and academic achievement were valued over being true to oneself. Doing the 'Manly thing' was the object for every boy, yet no-one explained or modelled what that meant. Because of this lack of healthy role modelling, he struggled to develop a solid sense of self. This resulted in Scott presenting the man that he believed other people wanted, and that false identity led him astray. After years of often painful learning through trial and error, and by stripping back layers of his false identity, Scott came to understand the value of true, honest connection to himself and others. He gained valuable, practical skills that he implements in his daily life, skills that he now teaches in the hope to help to remove some of the confusion and suffering young men face in modern society. From his decades of teaching, Scott has seen the genuine need for society to have these discussions. It is critical to provide a healthy rite of passage for boys, so they too can become positive role models for their sons one day.

WHO IS IT FOR?



"YOU INSPIRED ME TO BE CONFIDENT, TO BE MYSELF AND TO HAVE A GO. I HAVE ALWAYS BEEN A BIT SHY BUT YOU HAVE HELPED ME TO BE CONFIDENT"
STUDENT JOSH

The Hero Within Program consists of a Keynote Seminar for a year group of male grade 10/11/12 students.

A workshop is also available to consolidate the learning post-seminar.

The Hero Within seminar will demonstrate methods and practises for emotional and mental wellbeing that students will keep with them for the rest of their lives.

Topics covered:

Bullying
Mental Health
Masculinity
Addiction
Vulnerability
Resilience
Self Awareness