

Currumbin Clinic Day Program

Mens Personal Development Program

Providing resources, education, and clinical support to enhance your ability to become the best version of yourself.

Who is the program for?

If you want to gain insights and skills to help develop your overall physical, emotional and mental well-being in a supportive environment, this program may be useful for you.

Program content

- Living with values
- The character of you
- Improving your self esteem
- Communication skills
- Managing your stress levels
- Anger management
- Exercise and nutrition
- Essential elements of successful manhood
- Goal setting for success
- Building friendships
- Beating procrastination

About the program

This program aims to teach you how to genuinely enjoy the experience of being you. It utilizes recognized therapeutical methodologies, interactive teaching processes, and both self esteem and confidence building techniques, all centred on helping you become a happier, more productive and emotionally centred man. Using a combination of dedicated knowledge and practical skills, you will be given the opportunity to become the very best version of yourself.

When is it held?

Every Monday from 9:00am to 2:45pm, over twelve weeks. Morning tea and lunch is provided.

How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Currumbin Clinic.

How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Currumbin Clinic.