

KNOW YOURSELF BODY&MIND

PRESENTED BY CAPTAIN HUGO TOOVEY

25
STAY
ALIVE

“Highly engaging and
simply outstanding.”

RICHARD WAGNER - CEO, MORGAN STANLEY





“The presentation was nothing but inspirational, powerful and informative and deeply impacted our team. Please run this workplace program, you could save someone’s life. What could be more important than that?”

SHANE QUINN, EXECUTIVE CHAIRMAN, QUINTESSENTIAL EQUITY

Captain Hugo Toovey is a two-time cancer survivor and mental health advocate.

In addition to being an Army Health and Wellbeing Officer, Hugo also founded 25 STAY ALIVE – an organisation on a mission to educate and inspire the younger generation to be proactive with their health.

Having survived testicular cancer, bowel cancer, multiple invasive surgeries, months of painful treatments, and ongoing battles with his mental health – all in his 20s, Hugo is no stranger to adversity. Throughout it all he has managed to maintain his sense of humour and inspire others to look after their own health and wellbeing. Hugo is also an ambassador for Movember and the Jodi Lee Foundation as well as hosting the Behind the Uniform Podcast.


MOVEMBER[®]

JODI LEE
FOUNDATION

ABOUT THE PRESENTATION

“Hugo shared a very personal, powerful and inspiring story that provided the team a strong sense of hope, comfort and purpose. He talks to the importance of being vulnerable, of asking for support and of focusing on your physical and mental health. He strikes deep empathy in making sure people learn from his experiences, and I have no doubt he will leave a legacy of awareness, care and optimism amongst our team.”

TOBY DEWAR, DIRECTOR AT FOXTEL MEDIA

Our health should be our number one priority, because without it, everything else is irrelevant. We all need to be proactive with our health, and to get checked if something is not right. But health is not just about what you eat and how you exercise, it's about what you are thinking and feeling too.

In this powerful 60 minute presentation, you will join Hugo on an emotional roller-coaster as he tells his remarkable story of overcoming adversity. There will be tears, laughter and goosebumps, and you will learn some invaluable lessons along the way.

COSTS

Presentation at your workplace

\$1,200 + GST

(Plus travel expenses)

Webinar

\$500 + GST

Maximum 200 people

This workplace program also includes a follow-up visit or video and Hugo is also available for ongoing support to employees.



ACT ON SYMPTOMS



LOOK AFTER YOURSELF



**INITIATE
CONVERSATIONS**



VISIT YOUR GP



**EXPRESS YOUR
EMOTIONS**

25 STAY ALIVE

25stayalive.com  

PODCAST - AVAILABLE ON ITUNES AND SPOTIFY

TO FIND OUT MORE OR BOOK A PRESENTATION

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