



Most men don't choose their life — they inherit it.

Purpose Through Pain exists to change that.

C A P A B I L I T Y S T A T E M E N T

Men's Wellbeing | Coaching | Speaking | Community | Albury, NSW

✓ **Lifeline Ambassador**

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WHO WE ARE

Purpose Through Pain (PTP) is a men's wellbeing platform based in Albury, NSW, founded by Mark Walsham — speaker, NLP-trained coach, Lifeline Ambassador, and endurance runner.

PTP was born from Mark's own lived experience of trauma, loss, addiction, and recovery. The platform exists to help men break out of inherited patterns, build genuine connection, and find purpose in their pain.

We operate across four interconnected pillars: school-based education, one-on-one coaching, community events, and ongoing men's circles. Together they form a continuum of support — from first encounter to lasting transformation.

THE MAN BEHIND THE PLATFORM

Mark grew up in rural New Zealand and has spent the better part of his adult life navigating the things men are taught not to talk about: trauma, identity, addiction, and what it means to be a father, a partner, and a man.

His story is not polished. It is honest. And that honesty is what makes it land in rooms where everything else has failed.

Mark holds NLP Practitioner training, is a certified Lifeline Ambassador, and is an active community fundraiser in partnership with the Black Dog Institute through the #StopTheRunning campaign — completing 3,406km against a 2,529km target and raising over \$5,000 for the Black Dog Institute, finished with Mark personally running 100km in 12 hours at the campaign's Finish Line Event.

NLP (Neuro-Linguistic Programming) is a practical approach to understanding how people think, communicate, and form patterns of behaviour. It equips coaches with tools to help people identify limiting beliefs, reframe negative thinking, and build the mindset needed for lasting change.

WHAT WE OFFER

School Presentations Keynote and workshop sessions for Years 7–12, built around lived experience and practical resilience tools.	One-on-One Coaching NLP-informed coaching for men navigating transition, identity, loss, or the need for direction.
The Gathering An overnight, drug and alcohol free men's retreat on the Murray River. Breathwork, fire circle, and real connection. Running bimonthly, with ambitions to grow.	Men's Circle An ongoing community of men committed to honest connection, accountability, and growth.
Workplace Presentations Keynote and workshop sessions for businesses, trades, corporates, and community organisations. Mental health awareness, resilience tools, and psychological safety woven into one honest conversation.	Sporting Club Presentations Tailored sessions for junior and senior sporting clubs across all codes. Breaking down the mask of toughness and building cultures where men and boys can speak up and support each other.

SCHOOL PRESENTATIONS

The Offering

Mark delivers keynote and workshop sessions for students in Years 7–12, built around three goals woven into one honest conversation:

- Normalising struggle and removing the stigma of asking for help
- Teaching practical resilience tools grounded in NLP and lived experience
- Raising awareness of mental health, suicide prevention, and help-seeking behaviour

Session Format: The Three Rooms

Each session follows a narrative arc that meets students where they are and takes them somewhere different:

- Room 1 — Where I Was (10 mins): Mark's raw, unpolished story. The version students recognise.
- Room 2 — The Door (5 mins): The moment of change. What cracked it open. Honest, not heroic.
- Room 3 — What I Built (10 mins): Purpose Through Pain. Proof that pain has direction.
- Close — The One Tool (5 mins): One practical takeaway. One thing they can do today.
- Q&A / Open Floor (10 mins): Space for the real conversations.

Target Audience

- Years 7–10 — identity formation, peer pressure, masking struggle
- Years 11–12 — pressure, transition, expectations, future uncertainty
- Mixed assemblies — story-led with practical close

What Schools Receive

- A tailored 40-minute session delivered by Mark in person
- A student resource card with helpline numbers and PTP contact details
- A teacher and coordinator follow-up pack with guidance on continuing the conversation

- Ongoing availability for follow-up questions or referrals

ONE-ON-ONE COACHING & MENTORING

The Offering

Mark works one-on-one with men who are ready to stop surviving and start choosing their life. Coaching sessions draw on NLP (Neuro-Linguistic Programming) techniques and Mark's own lived experience to help men:

- Identify and break inherited patterns of thinking and behaviour
- Clarify what they actually want — not what they've been told to want
- Build emotional resilience, self-awareness, and accountability
- Navigate major life transitions: identity, relationships, fatherhood, career, recovery

Who It's For

Men at any stage who feel stuck, disconnected, or like they're living someone else's life. Men who are high-functioning on the outside and quietly struggling on the inside. Men who are ready to do the work.

How It Works

- Initial conversation to understand where you are and where you want to be
- Regular one-on-one sessions (in person in Albury or online)
- Practical tools and frameworks between sessions
- Ongoing check-ins and accountability

"This isn't therapy. It's a conversation between two men — one of whom has been where you are and found a way through."

THE GATHERING — MEN'S OVERNIGHT RETREAT

What It Is

The Gathering is a drug and alcohol free overnight retreat for men held on the Murray River. It is a deliberately small, intentional event — limited to 25 participants — designed to create the conditions for genuine connection, honest conversation, and personal reset. The Gathering runs bimonthly, with the potential to increase in frequency as the community grows and sponsorship and grant support is secured.

This is not a corporate team-building exercise. It is not a weekend wellness retreat. It is a circle of men choosing to show up differently.

What Happens

- Arrival and welcome — setting the tone and the rules of engagement
- Breathwork session — guided practice to regulate, open up, and arrive fully present
- Fire circle — the centrepiece of the night. Stories shared. Silence respected. No performance.
- Morning integration — reflection, grounding, and what comes next

The Details

- Location: Murray River, Albury NSW

- Format: Overnight, drug and alcohol free
- Capacity: 25 men
- Investment: Currently \$150 per person — with the goal of heavily subsidising future events as sponsorship and grant funding is secured
- Frequency: Bimonthly, with the potential to run more frequently as demand and support grows
- Next event: Friday 18 July 2026

"Most men have never sat in a circle, looked another man in the eye, and told the truth. That's what The Gathering is for."

MEN'S CIRCLE — ONGOING COMMUNITY

What It Is

The Men's Circle is the ongoing heartbeat of Purpose Through Pain. Where The Gathering is an event, the Circle is a practice — a regular gathering of men committed to showing up, being honest, and holding each other accountable.

Connection is not a one-time event. It requires repetition, trust, and time. The Men's Circle is where that trust is built.

What It Looks Like

- Regular meetings (in person, Albury region)
- Facilitated conversation — no agendas, no PowerPoints, no performance
- A consistent group of men who know each other's names and stories
- A space where the question "How are you really?" is asked and answered honestly

Who It's For

Men who attended The Gathering and want to continue. Men who aren't ready for The Gathering but want to start somewhere. Men who simply want to be part of something real.

SPORTING CLUB PRESENTATIONS

The Offering

Mark delivers tailored presentations for junior and senior sporting clubs across all codes — from local football and rugby clubs to cricket, basketball, and beyond. Sport is one of the most powerful environments for shaping how men and boys see themselves and each other. PTP uses that environment deliberately.

These sessions meet players where they are — in the language they speak, in the culture they've built — and open up conversations that the locker room rarely makes room for.

Junior Presentations

Designed for junior players (typically Under 12s through to Under 18s), these sessions are age-appropriate, story-led, and built around one core message: that strength includes knowing when to ask for help.

- Age-appropriate content tailored to the group
- Delivered in partnership with coaches and club leadership
- Focused on identity, peer pressure, emotional resilience, and help-seeking
- Practical tools players can use on and off the field

Senior Presentations

For senior players and club members, these sessions go deeper — into identity, masculinity, what it means to be a man in a team culture, and how to be the kind of teammate, partner, and father that actually shows up.

- Lived-experience storytelling that cuts through the noise
- Practical resilience and stress management tools
- Men's mental health awareness and help-seeking normalisation
- Building club cultures where speaking up is seen as strength

Why Sporting Clubs

In regional communities like Albury, sporting clubs are often the strongest social fabric men have. They are where boys learn what it means to be a man. PTP wants to be part of shaping that lesson.

"The toughest thing a man can do in a locker room is tell the truth. Let's make that the norm."

WORKPLACE PRESENTATIONS

The Offering

Mark delivers keynote and workshop sessions for businesses, trades, corporates, sports clubs, and community organisations across the Albury region and beyond. Each session weaves three pillars into one honest, lived-experience conversation:

- Men's mental health and wellbeing awareness — breaking the silence and normalising help-seeking
- Practical resilience and stress management tools — grounded in NLP and real-world experience
- Leadership and psychological safety — helping managers and leaders create environments where men can speak up

Who It's For

Any workplace where men make up a significant part of the workforce — and where the pressure to appear fine is quietly costing people their wellbeing and businesses their best people.

- Small and medium local businesses
- Large corporates, construction, and mining organisations
- Sports clubs and community organisations
- Leadership teams and people managers

Session Formats

- Keynote presentation — 45 to 60 minutes, ideal for team days, conferences, and EOFY events
- Half-day workshop — deeper dive with interactive tools and group discussion
- Ongoing facilitation — regular sessions embedded into a workplace wellbeing calendar

What Workplaces Receive

- A session tailored to the industry and workforce
- Practical take-home tools for staff
- A follow-up resource pack for managers and HR
- Ongoing availability for follow-up questions and referrals

"The most dangerous place for a man's mental health is often the place he spends most of his time. Let's change that."

PARTNERS & AFFILIATIONS

- Black Dog Institute — #StopTheRunning campaign partner (3,406km run, \$5,000+ raised)
- Lifeline Australia — Mark is a trained Lifeline Ambassador

GET IN TOUCH

To book a school presentation, explore coaching, register for The Gathering, or discuss partnership opportunities:

Mark Walsham | Founder, Purpose Through Pain

P: 0408 416 795

E: purposethroughpain@outlook.com

W: purposethroughpain.com.au

Instagram: [@walshyyy6](https://www.instagram.com/walshyyy6)

Albury, NSW

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