



A Different Angle

Talking Tackle & Tackle Talking

Initial Session Plan Men's Mental Health and Fishing Therapy

Welcome to A Different Angle, a unique opportunity to support your wellbeing through the calm, reflective practice of fishing. This session combines time in nature with guided conversation and mindfulness, providing a safe, informal space to explore your thoughts, connect with others, and enjoy the therapeutic benefits of angling

Session details

Date and time:

Location:

Duration:

Participants:

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Session flow

1. Welcome and orientation (5 mins)

- Meet at a central location by the water.
- Overview of the session: purpose, safety, and confidentiality.

2. Mindfulness/settling in (5 mins - optional)

- Brief guided mindfulness exercise to ground yourself and become aware of the surroundings.
- Helps set a calm tone for the session.

3. Fishing and individual settling (10–15 mins)

- Draw lots to decide order of individual sessions and times (30mins with 10 mins in between sessions).
- Choose your fishing spot, ensuring enough distance between pegs/swims for privacy.
- Get comfortable and settle in, enjoy the environment, and the quiet.
- The facilitator will also settle into a central location nearby.

4. Individual counselling/wellbeing sessions (30 mins per participant)

- Each participant will meet individually with the facilitator for a private session.
- This is your time to talk confidentially about what matters to you, life challenges, mental wellbeing, or just reflection.
- Others will continue fishing quietly, with optional peer conversation if desired, but there is no pressure.

5. Closing/group grounding (5 mins)

- Gather as a group for reflection and “check-out.”
- Share insights, feelings, or observations if comfortable.
- End with a calm grounding activity, reinforcing safety and support.

What to expect

- **Confidentiality:** Your privacy is respected at all times.
- **Environment:** Relaxed, informal, and outdoors. Weather appropriate clothing is recommended.
- **Mindfulness:** Short exercises are optional but recommended for full benefit.
- **Safety:** The facilitator will provide guidance safety and emergency procedures.

What to bring

- Fishing gear (rods, tackle, bait etc.)
- Weather appropriate clothing (hat, sunscreen, jacket, etc.)
- Water and snacks (optional).

*A Different Angle is designed to combine the **therapeutic benefits of nature, mindfulness, and conversation.** Our aim is to help participants reflect, find calm, and explore their wellbeing in a supportive, informal setting.*