



The Enemy Within

Suicide Prevention & Wellbeing Education

Joe Williams

Former NRL player, turned professional boxer and mental health advocate

Joe is bringing his The Enemy Within workshops worldwide

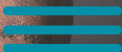
#TheEnemyWithin
#HopeHelpsHeal

"He is a champion, on the world level, of the brain and the mind" - Tony Buzan

(International author & inventor of mind maps)

Joe talks all things; adversity, dealing with struggle, mental resilience, improving your attitude and reflects on his own personal battles with mental illness & suicide

www.joewilliams.com.au



JOE WILLIAMS

Joe is a proud Wiradjuri, 1st Nations Aboriginal man born in Cowra, raised in Wagga NSW, Australia. Joe played in the National Rugby League (NFL equivalent) for South Sydney Rabbitohs, Penrith Panthers and Canterbury Bulldogs before switching Joe to professional Boxing in 2009. Joe is a 2x WBF World Jnr Welterweight champion and recently won the WBC Asia Continental Title.



Wagga Wagga Citizen of the Year in 2015 for his work within the community, mental health and suicide prevention sectors, Joe is also a published author, contributing to the book; "Transformation; Turning Tragedy To Triumph". Most recently Joe has also been involved in filming of the worldwide documentary, "Suicide the Ripple Effect" from director and fellow advocate, Kevin Hines.

Joe now spends his time working to inspire youth and individuals through motivational speaking workshops, run through his charity The Enemy Within. He has had his own battles, struggles and setbacks, which culminated in his own suicide attempt in 2012.

The Enemy Within Project shows a raw and honest side of Joe Williams, the boxer, former NRL Player, father & fiancé. Joe delves into the private pain, and dealings with depression that drove him to the very brink. Joe talks adversity, dealing with struggle, resilience, improving your attitude by 1%, positive energy & how small steps, lead to something greater. Joe lists becoming a father to 4 beautiful children, his greatest accomplishment.



WORKSHOPS

Content Covered (but not limited to)



Motivational Workshops



Cultural Diversity & Connection to Country



Mental Health & Wellness (Lived Expertise)



Bullying & Social Media



Adversity & Resilience



Customised Middle & High School programs

Speaking Experience & Recent Media

Joe has spoken at events and workshops all over Australia and the USA (select few below):

- World Indigenous Conference - June 2016 - New Zealand (Keynote)
- ATSI Suicide Prevention Conference - May 2016 - Alice Springs AUS (Panel)
- Various USA Schools - April 2016 - (Kansas, Missouri, Pittsburgh, New York)
- Boomerang Festival - April 2016 - Byron Bay AUS (Presenter)

- Wagga Wagga High School - Feb 2016 - NSW AUS (All Day Workshop)
- Touch Rugby Aus Conference - Dec 2015 - AUS (Presenter & Mentor)
- Henty High School - Dec 2015 - NSW AUS (All Day Workshop)
- Here4Life Conference - Oct 2015 - Townsville AUS (Presenter)
- Mind & Its Potential Conference - Oct 2015 - Sydney AUS (Keynote)

Darkness Under the Lights: Joe Williams (short video): <https://vimeo.com/172190551/82204de9c8>

The Enemy Within with Joe Williams (short video): <https://vimeo.com/106148474>

What people are saying

"Joe Williams is the real deal. An honest, down to earth, inspiration. His story might appear to be one of struggles; but it's really one of triumph. He tells it all in a way anyone and everyone can relate to; and take something positive from. I consider it an honour to know him; and a privilege to hear and learn from him" - **Tim Sharp** - The Happiness Institute

Joe Williams is a compassionate, giving, and talented man. He speaks passionately about the prevention of suicide in an honest, and powerful way. His story is one that must be heard. Joe has an innate ability to reach a wide variety of audiences. From student athletes, to military, law enforcement, equally so to clinicians, physicians, and conference attendees. His strength and will to live in continuous recovery is inspiring to us all. Learning from Joe's storytelling gift is nothing short of palpable. Plus he's just an all around good bloke. Don't hesitate to book Joe today. - **Kevin Hines** - Storyteller, Film Maker, Advocate.

The Enemy Within is a proud Ambassador partner of Suicide Prevention Australia. Donations to The Enemy Within are managed by Suicide Prevention Australia, with the majority of these funds being used for The Enemy Within suicide prevention programs and activities. Commercial activities run by The Enemy Within or Joe Williams are run independently of Suicide Prevention Australia.



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