

STAND DOWN, SPEAK UP

MILITARY + VETERANS - COMEDY + TRANSITION

3 hours - 8-40 people - no experience required

You spent years being 'fine' on command. This is three hours with people who get it -- active duty, veterans, guard, reserve and the families who rode it out -- laughing at the absurd parts of military life and saying out loud what comes next. Jenn did 20+ years in uniform. She's not here to fix you. She's here to hand you the mic.

THE 3-HOUR AGENDA

Hour 1 - Field stories

Deployments, chow halls, PT tests, chain-of-command absurdity and the first time a civilian asked a dumb question. Guided prompts pull out the stories you only tell other vets, and we write them fast and ugly.

Walk out with: A page of raw material and two stories worth telling.

Hour 2 - Say the quiet part

The pressure to stay 'fine', the identity gap after you take the uniform off, the stuff you don't say at home. Humor first, real talk second, in a room where nobody needs it explained.

Walk out with: Words for the things you've been keeping squared away and silent.

Hour 3 - New mission

Everybody stands up. Deliver a tight 3-minute set, or a spoken 'next mission' -- one thing you're starting, one thing you're dropping, one date on the calendar. Your choice, but you're going up.

Walk out with: A performed set or a witnessed mission statement with a deadline.

KEY TAKEAWAYS

- A 3-minute set or next-mission statement in your own voice
- A way to talk about service with civilians without the awkward silence
- Language for the transition that isn't 'I'm good'
- A room of people who've been there and heard you say it
- A date on the calendar for what's next

WHAT TO BRING

A notebook, a pen and one story you've told a hundred times at the VFW bar. Water and snacks are smart -- three hours goes fast.

WHO IT'S FOR

- Active duty, guard, reserve and veterans of any branch or era
- Men who don't normally sign up for 'workshops' -- and women vets and spouses who've earned a seat too
- VFW and American Legion posts, unit events, base family readiness and transition programs
- Veteran-owned businesses, employee-resource groups and community organizations

Not therapy and not a briefing. If you want PowerPoint and a sign-in sheet, this isn't it.

THE VENUE NEEDS

- A room private enough for honest talk
- A mic and a small open space to stand up front
- Chairs in a circle under 20 people, rows if larger
- Paper and pens
- Coffee. Strong. Snacks encouraged.

BOOK THIS WORKSHOP

fullsendjenn.fun/book?workshop=stand-down-speak-up - pick a date, time and venue in 2 minutes