

# LESSON PLAN INTRODUCTION

Hello Teachers...

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We extend our gratitude to the following organisations and people for their contributions to the development of our lesson plans: Canva, Canva for Education, We Are Mobilise, Nedd's Uncomfortable Challenge, Nedd Brockmann, Bursty Company, as well as dedicated teachers, [Add Teachers names, Brodie, Justin, etc.].

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Just  
Keep  
Showing  
UP!



**NEDD'S**   
UNCOMFORTABLE  
CHALLENGE



**MOBILISE**

# LESSON ONE

Nedd Brockmann's Inspiration



**MEET NEDD  
BROCKMANN**







505 HD







**I WANT EVERYONE TO HAVE THEIR OWN  
BONDI MOMENT.  
THAT FEELING WHEN YOU HAVE PUSHED YOUR  
SELF MORE THAN EVER BEFORE, NOT  
JUST FOR YOURSELF BUT FOR OTHERS.  
THERE IS NOTHING BETTER**





# NEDD'S JOURNEY





# Background

**Rural Upbringing:** Nedd Brockmann grew up on a vast family farm in Bedgerabong, NSW, where his father worked as a cattle and sheep farmer, and his mother managed the household.

**Exploration and Freedom:** Nedd and his siblings enjoyed boundless freedom to explore the expansive farmland, with only two rules from their mother: no complaints unless truly injured and be home before dark.

**Building Resilience:** Their adventurous childhood, filled with activities like swimming in the dam and bike riding, fostered a sense of freedom and resilience, preparing them to face challenges head-on.






# Nedd's plan for his Uncomfortable Challenge

Made a crazy big goal  
and shared it loudly

Started working towards his goal  
by getting uncomfortable &  
tackling his challenges daily



Found partners to enlist  
in his goals with 

Identified and planned for  
challenges to come



Achieved the 'impossible'  
raising awareness and \$2.3m  
towards homelessness



**WHAT'S NEXT  
FOR NEDD?**





Now, Nedd is gearing up for another monumental challenge: to **raise \$10 million for homelessness in Australia**. In October, he will take on one of endurance running's most extreme records by attempting to run 1,000 miles (about 1600km) in just 10 days. This ambitious goal requires Nedd to maintain an average pace of 160 kilometers per day, circling the track at the Sydney Olympic Park Athletic Centre.

The current record of 10 days, 10 hours, and 30 minutes is held by the legendary Yiannis Kouros since 1988. Undeterred by the daunting task ahead, Nedd will embark on his quest from October 3rd to October 13th 2024, aiming to leave a mark on endurance running history.





**HOW FAR IS 1600KM?**

Imagine running **1,882** laps of the school basketball court in **ONE DAY!**

Now, imagine doing that for **10 DAYS STRAIGHT!**





# GET INVOLVED!

From October 20th to October 29th, 2024, spanning over 10 days, the challenge is in your hands.

Wherever you may be in the world, it's time to embrace discomfort!

Whether it's a stretch of road, a running track, a swimming pool, your living room, your school, your gym, or even your workplace – the choice is yours.

Define your challenge, but remember, **it must push you out of your comfort zone, and you must commit to it every day for the entire 10 days.**







**What are some challenges that  
you need to face in life?  
Is there anything that seems  
scary or impossible that you've  
always wanted to achieve?**

How can you use a bit of Nedd's mindset to smash your goals?



**THANK YOU**



LET'S GET COMFORTABLE BEING  
UNCOMFORTABLE TOGETHER!