

# CHOOSE HAPPINESS

**GOLIATH**  
FOUNDATION

HELPING EVERYDAY GUYS  
CHOOSE HAPPIER LIVES.



**JAMES GARDINER & BEN SMITH**



## THE NEED

Approximately 20% of Canadian youth are affected by a mental illness or disorder, and the mortality rate of men due to suicide is three times the rate of women.



## THE SOLUTION

A simple, teachable process taught by everyday guys who have been through it all and are still here to tell their stories and help men like them work through pain to choose their own happiness.



## PAST PARTNERS

Founder Ben Smith created and facilitated the Sechelt Native Gloves Off Antibullying Program, worked with Shaw Cable, the RCMP, Alcatel, BC Sugar and ICBC as well as working as a youth outreach worker on the Sunshine Coast.

## THE VISION

The Goliath Foundation set out in 2013 to help promote mental wellness and movement for men following the journey of founder Ben Smith from self-loathing to self-love.

Now we aim to put it all into practice via our How Healing Happens Toolkit and the Moving Past Pain cohorts with the motto 'helping everyday guys choose happier lives.'

*"I learned how I could help people to move past their own pain in the way that I moved past mine." - Ben Smith*

## THE TALK

As Men learn to focus in empowering ways, the inevitable byproduct of sustainable happiness is that they become better fathers, husbands, employers, community members, and global participants helping to make the world a better place for our children and future generations. Teaming up with James Gardiner, a National champion rower and coach, actor, media personality and high performance coach, has resulted in a winning combination to dispense and teach tools that will lead to happier, more fulfilling lives, greater productivity, better leadership, and more positive social, communal, and global interaction and influence.

## THE COHORT

*Moving Past Pain* is a 12-week program. This experience is intentionally designed to be hosted online and meets men where they're at to offer much needed support from a facilitator with experiences like their own who's come out the other side truly happy, and provide the non-judgmental space to begin to heal. Utilizing the structure and format of the How Healing Happens digital toolkits, program facilitators James Gardiner and Ben Smith guide a program that focuses on anti-Indigenous and anti-Black racism and resilience and recovery for racialized groups.

## THE PODCAST

Run by Ben and his daughter Willow, Loving Goliath has been active since July 2020. It serves as a link to the community and a foot in the door for people looking to link up with us. We've covered topics like suicide, burnout, seeking help and breakups.

*"There aren't many guys that can drop the macho energy like [Ben] can. I'm sure that's why I could share my situation with you. I appreciate your advice and will put it to use."*



lovinggoliath



The Goliath Foundation

[thegoliathfoundation.com](http://thegoliathfoundation.com)

# THE GOLIATH TEAM

## **BEN SMITH** **FOUNDER, FACILITATOR**

As a black child born in 1971, Ben was adopted in Seattle and raised by white parents in a tough neighbourhood in East Vancouver. He experienced relentless violence, bullying, and racial discrimination. As a way to overcome fear and self-loathing, Ben became a competitive boxer, wrestler, and bodybuilder. These positive outlets allowed Ben to channel his hurt, anger, and frustration, eventually owning a gym, helping others as a successful personal trainer and mentoring youth as a community care worker.

Ben's many years working as a nightclub bouncer gave him unique insight into the universal quest for self-acceptance, love, and happiness. Now he works to help men move past their own pain.



## **JAMES GARDINER** **FACILITATOR, PERFORMANCE COACH**

With over two decades of hands-on experience in business and personal growth, James is motivated to help people face their challenges so they can truly live the life of their dreams. He was the host of "The Inspirational 30"; a television show where he had the privilege of sitting down with inspirational guests from all walks of life to share their unique and inspiring roads to authenticity. With his soon to be published book, "Conscious Warrior: Going All In with Love" James is excited to share his incredible life quest of personal growth stemming from the various battles waged within the different arenas of life.



## **WILLOW SMITH** **JUNIOR LEAD**

One half of the father-daughter duo behind the Loving Goliath podcast and The Goliath Foundation, Willow is driven to help men like her dad heal from and move past pain.

Coming from a long background in customer service, the shift from serving to healing was a surprisingly easy one. Willow is a coach and board member for the Sunshine Coast roller derby team and no stranger picking herself and others back up again after a fall, and she takes the team motto of 'I've got your back' into every interaction she has while working with The Goliath Foundation.



Loving Goliath