



FRIENDSHIP BOOTCAMP

Logline



Inspired by the Netflix series 'Love on the Spectrum', Friendship Bootcamp showcases the highs and lows involved with friendship challenges in Vancouver and Toronto.

Synopsis

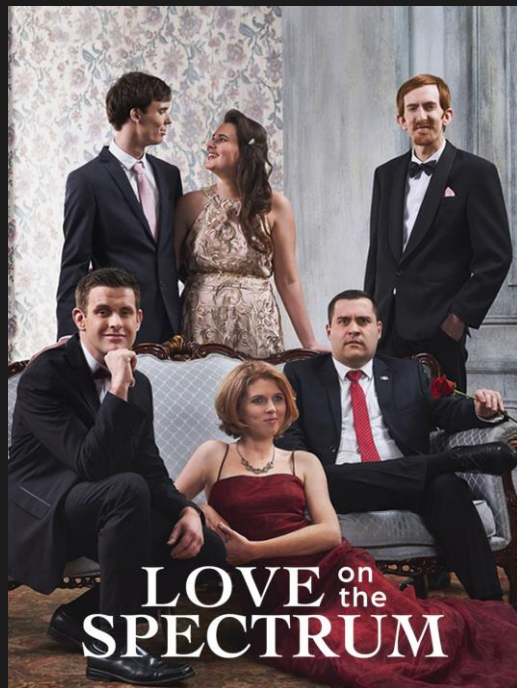
Friendship Bootcamp, the TV Series, will provide an entertaining and inspiring perspective on what it means to take charge of your social life.

Each season will follow the journey of a few courageous people eager and excited to take the plunge. Along their journey, participants are guided by friendship coaches who give them strategies based on the Friendship Bootcamp program.

The main objective of the series is to give the audience hope and inspiration by focusing on the art, science and the **power** of friendship to change people's lives.



Showcross



Our Coaches

Vancouver



Toronto





Ashley Greensmyth

Registered Clinical Counsellor

Ashley is a Registered Clinical Counsellor (RCC), and a trained EMDR Therapist.

She takes has a holistic approach to therapy that mixes old theory with new ideas and she help people with a variety of issues like anxiety and mood, perfectionism, people-pleasing, boundaries, relationships, stress management, self-esteem & self-compassion.



Sandeep Gill

Personal Growth Coach & Registered Social Worker

Sandeep mentors women from feeling stuck and disconnected to empowered and self-aware. She supports women on their internal Glow-Up journeys which focus on strengthening inner connection, boosting confidence and soul-rediscovery through the intentional practice of self-love.

Her personal growth style includes a mix of holistic practices such as breath-work, meditation, and a therapeutic exploration of self-development practices to cultivate meaningful transformation.



Lana Evanson

Life Coach & NLP Practitioner

Lana is a Life Coach, Reiki Master/Teacher, Neuro-Linguistic Programming (NLP) Practitioner and Meditation Teacher. She helps people reach their full potential in all areas of life.

She has learned how powerful our minds are and she has geared her coaching towards breaking down mental blocks and obstacles while building new perspectives and new positive ways of thinking. She works with people to build an efficient plan and create strong habits to have the tools and techniques to achieve success.



Liz Phamm

Leadership & Relationship Coach

Liz is a coach who values freedom and individuality. After her basic certification in life coaching, she branched out and completed her certification in trauma-informed coaching.

She understands the sting of feeling stigmatized by cultural views of politics, race, age, gender, mental health, and trauma. She is committed to breaking free of those stigmas and coaching others to do the same, in their own way.



Glen Brauer

Founder, Friendship Bootcamp

Glen is a Videographer and Business Analyst who is passionate about ending the loneliness epidemic.

For five years, Glen interviewed psychologists, counsellors and social workers who work on the front lines of the loneliness epidemic. During this time, he used his process management expertise to demystify the friendship process into easy to understand concepts.

Each episode will include the introduction of these concepts to inspire and empower viewers to upgrade their social lives.

Pilot Episode

Not everyone makes it through the bootcamp, but for those who do, they will forever change the way they think about friendship.

We filmed our pilot episode (proof of concept) during the Summer of 2022. Out of 46 applicants, we ended up working with three main participants, and we focused on one of these stories. Due to our limited budget, the sessions between the participants and their coaches were filmed via Zoom. However, in the actual series these sessions will be filmed with videographers.

Our pilot episode follows the story of Cale Walde, a disillusioned actor who dropped out of the profession after suffering an anxiety attack.

Cale worked with his Friendship Coach Ashley to focus on his greatest challenges. He also recorded several video journals in between coaching sessions which highlighted the ups and downs along his journey.

Visit friendshipbootcamp.com to view our pilot episode.



EPISODE CONTENTS

Each episode will follow three participants along their journey intersecting various situations and challenges. Participants may span multiple episodes depending on their journey.

Situations:

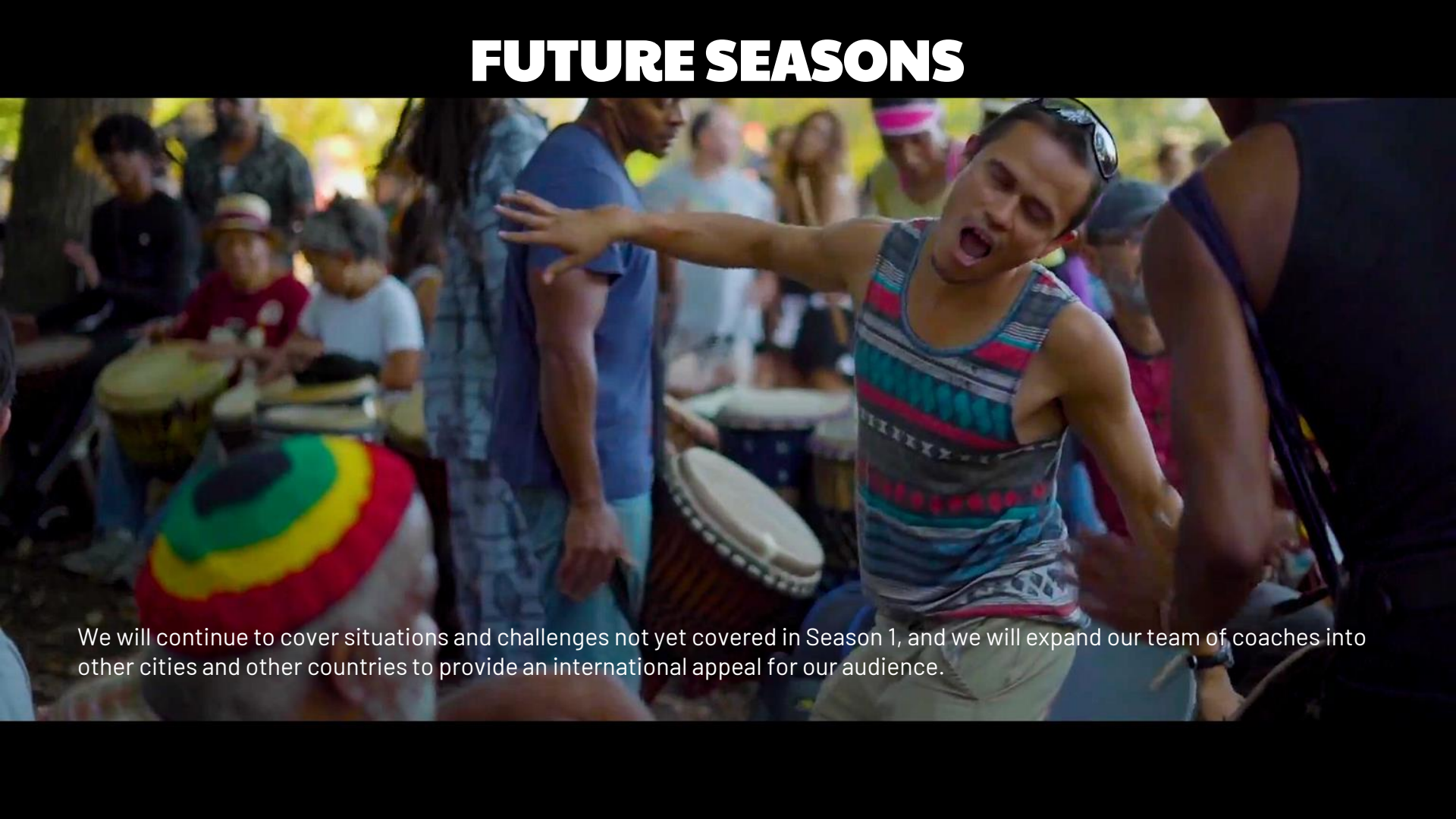
- People who lost touch with friends
- People new to the city
- Workaholics
- Students in college or university
- Newly widowed or divorced
- Newly retired without social life
- Newly released from prison
- Newly out of the army
- Lonely single mothers
- Lonely teenagers
- Lonely LGBTQ2S people

Challenges:

- Looking for new friends
- “Auditioning” new friends
- Maintaining and deepening friendships
- Organizing one-on-one activities
- Organizing group activities such as potlucks, picnics, movie nights, road trips, Airbnb’s, etc.
- Trying to convert online friendships to offline friendships
- Creating a chosen family
- Friendships between men and women
- Friendship break-ups



FUTURE SEASONS

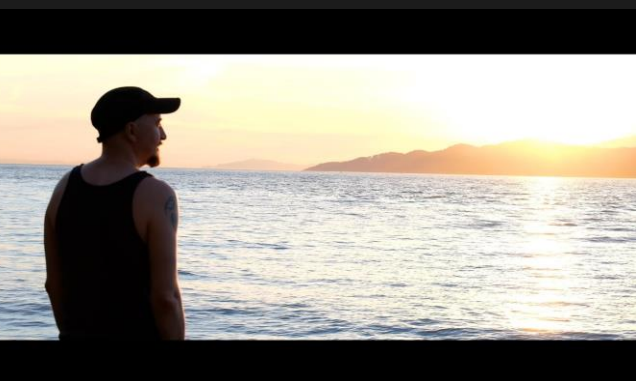
A man in a colorful patterned tank top and sunglasses is dancing with his mouth open and arms outstretched at a festival. In the background, there are other people, including a woman in a red shirt and a man in a blue shirt, and several large drums. A person in a rainbow-colored hat is visible in the foreground.

We will continue to cover situations and challenges not yet covered in Season 1, and we will expand our team of coaches into other cities and other countries to provide an international appeal for our audience.

Tone



Tone



Contact Info

Glen Brauer

glenb@friendshipbootcamp.com

friendshipbootcamp.com

