

Strong Foundations
For Men's Physical & Mental Health

Too often, men ignore early warning signs of poor physical or mental health due to stigma, workplace culture, or lack of support.

This interactive session looks at the current state of men's physical and mental health. It will explore practical strategies to help men build strong foundations for sustainable health, wellbeing & performance.

Why this matters

Poor mental health costs the economy up to £99bn a year, with one in six employees experiencing problems such as depression, low mood and stress at work (Business Leader).

Fewer than one in ten men would tell their employer about mental health struggles (AVIVA).

Men's health impacts everyone. Whether you're looking to support the men in your life or foster a healthier work environment, this session will leave your teams with the knowledge and tools to make a difference.

What you'll learn

- The real state of men's physical and mental health: key facts and figures
- Why men struggle to seek help - and how we can break down barriers
- The power of connection & community in shaping men's health
- Practical ways to create a supportive culture for men's wellbeing
- How we can better support the men in our lives, be they colleagues, friends, family, or partners.

Details:

Duration: 45-min talk, 15-min Q&A

Investment: Online - £450, in person - £650

Get in touch with Josh to learn more

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