

WORKSHOP INFORMATION

To help you talk to your group about the workshops, we have provided descriptions below;

WORKSHOP SUMMARIES

Workshop 1: Men and Mental Wellbeing

Looking at the question, what does men's mental wellbeing mean to you? The workshop will provide a brave and compassionate space for open conversations about the way we respond to our own mental wellbeing, what avenues of support we access, and those that we don't or have not yet considered. Throughout, we will be exploring the important role that gender plays in this conversation.

- Self-reflecting on relationships with everyday wellbeing
- Moving past wanting to 'survive' and building towards how we 'thrive'
- Exploring the importance of a collective/social response to mental wellbeing that sits alongside an individualist approach

Workshop 2: Masculinities and Seeking Support

Looking at how masculinities can inhibit or encourage us to seek help or support in a particular manner. The workshop will be a deeper dive into masculinities and how they impact us and others, especially in regard to mental well-being. We will explore the ways in which we talk to one another and how we can - both individually and collectively - build more supportive structures and communities.

- Looking at how we can build our social networks of support that are encouraging both self-care and help-seeking
- Exploring how we can build both personal trust and overcome discomfort in order to be able to seek help
- Reflecting upon the 'armour' or 'masks' we feel the need to wear to protect ourselves in the conversation around mental wellbeing.

Workshop 3: Men and Building Supportive Communities

Looking at the broader social dynamics at play and how they shape the way in which we are aspiring to build more supportive communities. The workshop will take participants beyond the 'Are you ok?' to explore the barriers they and others face to receiving support to the same degree and with the same regularity and begin to do the foundational work to lower them. In doing so, we can create a supportive environment in our community for everyone of all identities.

- Identify the key pillars of active listening and then develop those skills by putting them into practice
- Building empathy for, and identifying the barriers others face (based on their identities) in accessing support structures and the communities we represent and have agency over
- Reflecting on the ways we can shape our own support structures, through a process of allyship and proactivity while highlighting the gratitude we have for the avenues of support that we are already able to access