

# Supporting Men's Wellbeing

## A webinar + coaching pilot for your organisation

Give men a voice and space to explore **work, leadership, health and family** - supporting family friendly inclusive workplace.



### 01 Choose your webinar.



Boosting male midlife health at work



The deliberate dad: career, family and finding what works



What men need to know about wellbeing, pressure and resilience



New and expectant dads - for dads and secondary caregivers

An **expert-led session** with practical guidance and space for conversation. Helping men navigate the **changing expectations of work, leadership, health and family**.

### 02 Follow with one to one career coaching.



Offer a pool of confidential **one-to-one coaching sessions** for men who choose to come forward after the webinar.

Explore personal challenges. Clarify priorities. Identify practical next steps. Accelerate professional growth.

### 03 Make it visible. Learn what works.



Employee communications and anonymous evaluation help you understand uptake, usefulness and future support needs.

Individual coaching conversations remain confidential.



#### Gender pay gap action

Bring men into shared caring and flexibility conversations that support your equality action plan.



#### Retention & performance

Help men manage work and family demands, supporting wellbeing, focus and engagement.



#### Evidence for investment

Use uptake and anonymous feedback to shape future wellbeing and equality support.

## Start small. Learn what resonates. Build on what works.

Talk to P&P about a pilot for your workplace. Starter package from £1600 plus VAT.

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