

# Men's Health- Talk

**Men's health is on the decline. Suicide rates are up. Education standards are down. Life expectancy is falling. Addiction is rising. Isolation is growing. Men need our help.**

Toxic masculinity has become a buzz term. But what does it really mean to be a man in our modern world? This has never been more uncertain, and the stats are there to back it up. This session highlights some alarming facts with some practical solutions to fix it.

## **Key messages:**

- 1- Despite the efforts to improve men's health, it has never been worse. Find out why and how this has happened
- 2- The importance of role models and safe spaces for men to connect
- 3- Practical actions to take away to make a difference to yourself or to the men in your life

## **Some practical information:**

- 1- Between 45 and 60mins and can be delivered in person or virtually
- 2- Aimed at everyone who has a man or boy in their life
- 3- Research into men's health shared with all attendees on request and a signed copy of my book given away to one lucky person



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## Follow Up Activities

Organisations choose to follow up with Chris to dig deeper into the topics he talks about. This is about carrying on the conversation and creating opportunities for personal and professional development for your teams.

**This could include** workshops, leadership away days & coaching for individuals or teams.

## About Chris Britton

Chris Britton is a forward-thinking thought leader, author, and podcast host. He has led the people agenda for some of the biggest brands in the world.

Since 2008, Chris has used an empathy-first approach to drive positive change and high performance in organisations like Virgin, Vodafone, River Island, and Reward Gateway. His passion for seeing people for who they are – not just what they can do – has inspired audiences worldwide. He combines groundbreaking research, personal storytelling, humour, and practical next steps to create an engaging experience helps to unlock the potential of your people and business.

