



Men's Mental Health & Wellbeing

working at wellbeing every day



Understanding Men's Mental Health

Our Men's Mental Health workshops are 90 minutes of open chat, offering insight and sharing experiences that help gain better understanding and a different perspective of how we can take better care of ourselves and support those around us, whether it's our colleagues, friends or family.

Moustache's optional...Chat essential
#Movember

Learning outcomes



Be able to identify the common signs of poor mental health



Feel comfortable & confident with open conversations about mental health with others



Know where to seek further help and support



Be a positive role model through good self-care practice

The benefits



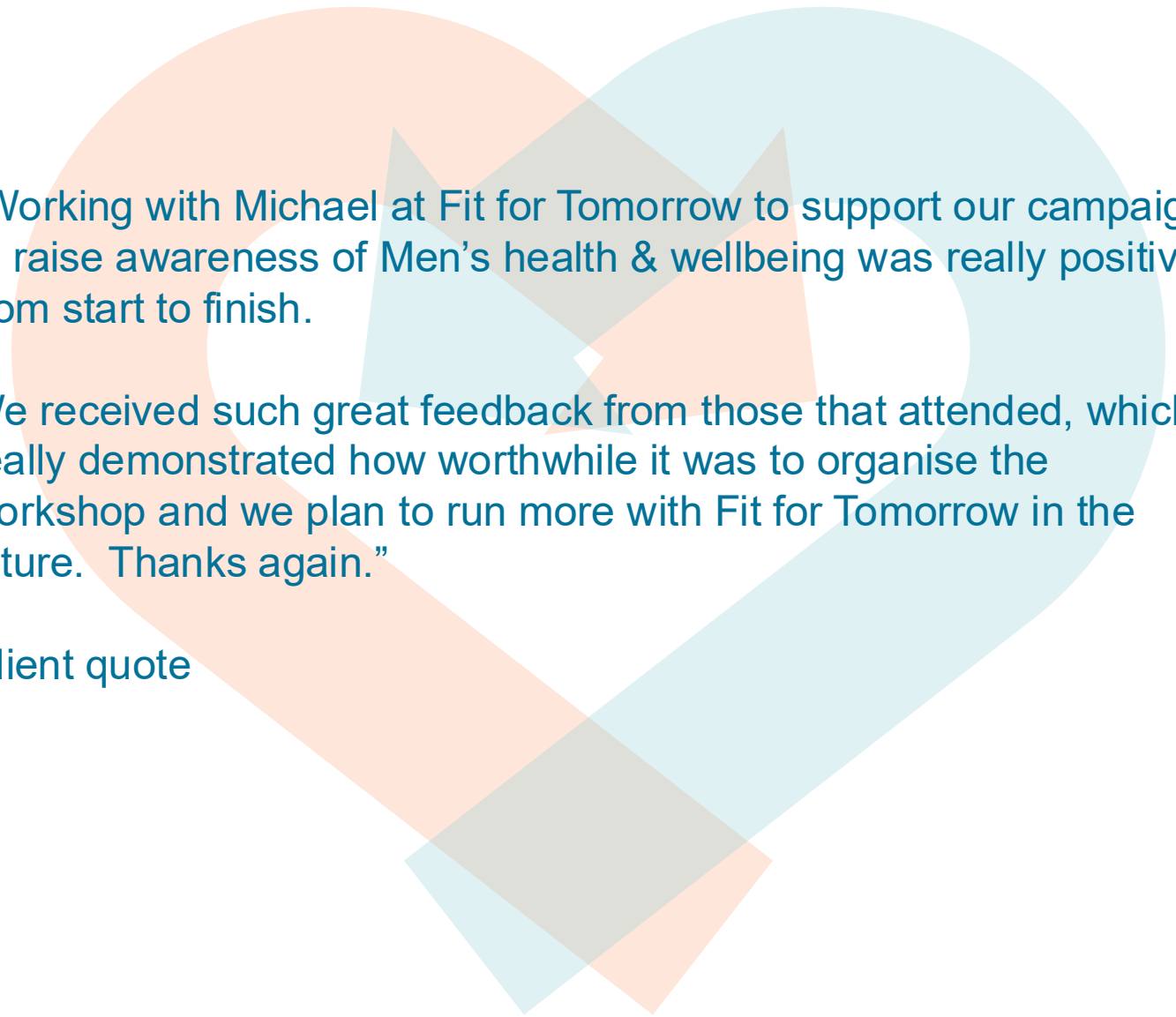
Provides learning opportunities and reflection around men's mental health that contributes to breaking down barriers and stigmas



Delivered by people who are knowledgeable of mental health and have high levels of people management experience



Supporting mental health in the workplace delivers improved engagement, better retention and lowers long term sickness absence (ROI £1=£5 Return)



“Working with Michael at Fit for Tomorrow to support our campaign to raise awareness of Men’s health & wellbeing was really positive from start to finish.

We received such great feedback from those that attended, which really demonstrated how worthwhile it was to organise the workshop and we plan to run more with Fit for Tomorrow in the future. Thanks again.”

Client quote

How to book

Please contact us to find out more and receive a quote, the cost of an online workshop starts from £225

Email Michael@fitfortomorrow.co.uk

Tel 07855494437

Web www.fitfortomorrow.co.uk

