



Topic Outline for *Men's Wellbeing*

About the topic:

It is important for men to be mindful of their wellbeing and to support it.

This topic will provide some guidance on those behaviours that men can introduce or strengthen to support their wellbeing.

Adopting positive behaviours to support their wellbeing will assist men create a happy, fulfilling life, both for themselves, and for those around them.

This topic will also discuss the importance of men talking about their wellbeing and seeking support.

What you will learn in this topic:

- What is wellbeing and why it is important for men to maintain in their lives.
- The impact that traditional notions of masculinity can have on men seeking support.
- A framework that can positively support men's wellbeing.
- Why men should access services to support their wellbeing.

Who is this topic for?

This topic is aimed at a male audience; however, it would be useful for anyone who wants to understand how to positively support men's wellbeing.

How can this learning be delivered?

Delivery Method	Standard Duration
Training	90 minutes
Q&A session	60 minutes
Pre-recorded webinar	30 minutes

Please note that our training durations can be modified based on your specific needs. We recommend the timing above and can make these sessions longer as needed.





What other learning is available?

The topics below are a great way of complimenting the learning gained from a Men's Wellbeing session. Talk to us about how we can assist you with other learning opportunities or how we can create a learning program for you.

- Positive Psychology: Learn How to Flourish
- Manage Stress and Build Resilience

For further enquiries and bookings, please contact your Relationship Manager on **1800 818 728**.

Would you like more information on how to choose the most appropriate learning solution?

AccessEAP offer a range of Learning and Development opportunities and support for your employees.

Training	<p>Training is ideal if you want to support genuine behavioural change or the opportunity for your people to learn how to apply new skills.</p> <p>Our training is live and can be delivered via Zoom or face-to-face (COVID guidelines apply). For most sessions we recommend a maximum of 15 people per session and due to the nature of the personalised learning experience, these cannot be recorded. SLAs apply.</p>
Q&A sessions	<p>Q&A sessions are ideal if you want expert advice about a unique situation you are facing. Q&A sessions are designed to be very interactive and give your people to opportunity to come and ask questions, to receive guidance and support.</p> <p>Our Q&A sessions are live and can be delivered via Zoom or face-to-face (COVID guidelines apply). For most sessions we recommend a maximum of 30 people per session and due to the nature of the personalised learning experience, these cannot be recorded. SLAs apply.</p>
Pre-recorded webinar	<p>Pre-recorded webinars are ideal if you want a taster to a topic. All our webinars are pre-recorded for your convenience and accessible via a link for your people to watch in their own time.</p>

