

Understanding Men in Midlife

Research Summary & Factsheet



FRONT FOOT
COACHING

Introduction to the Research

The Understanding Men in Midlife (UMiM) research emerged from a need to better understand the unique challenges that face men aged (approximately) between 40-55.

There is increasing awareness of the shocking statistics around male suicide, however I believe that there is a silent majority of men who are experiencing low-level frustration and general dissatisfaction with life which, if left unchecked, could develop into more serious issues.

My aim through understanding and sharing the issues, raising awareness, providing education and coaching to men of this life stage is that more men can be empowered to lead happier and more fulfilling lives which not only provide great benefit to them personally, but also everyone around them - at home, at work, and society in general.

2023 UMiM Survey Details:

Between July and October 2023, 41 men responded to an online survey featuring several questions aimed at 'getting under the skin' of what it is like to be a man in this stage of life during this time.

Questions focused on challenges, how happy men are, who they speak to about their worries, the support men currently access and future support that would be useful. The research concludes with a number of recommendations.

The age profile of respondents ranged between 39 and 61 and the average age of those responding was just under 47.

Just over 40% of those responding thought of themselves as 'middle aged.'

When asked to provide a score out of 10 about how happy they were, the average score of those responding was 6.75.



Understanding Men in Midlife (cont)

Top 3 Key Challenges for Men in Midlife:



Parenting young children



Lack of energy and motivation



Few friends/not enough time with friends

Current Support Accessed by Men:



Most likely to speak to a friend or their partner about worries or issues rather than colleagues or line manager



Men are aware of coaching and counselling but very few reported accessing it (15%)



Some workplace support was available e.g. Employee Assistance Programmes

Future Support Suggested:

78%

agreed there should be more support available for men in midlife



1-2-1 support e.g. coaching



WhatsApp group



Webinars



Podcasts



Resources

For webinars, tailored sessions and workshops on the [full UMiM research](#) please contact me using the details below:

Research Recommendations

- Normalise and encourage men to speak more openly about their challenges
- Signpost and raise awareness of the support that is already available
- Take time to really understand the right support/intervention for the specific issue identified e.g. coaching and counselling can help with different things
- Encourage men to pause, and self-reflect more often
- Men can support other men with their issues by asking questions and actively listening
- Commit to do or change one thing per day
- In the workplace, consider if provisions are in place for working fathers, and whether the culture is one that invites men to speak openly.