



FRONT FOOT
COACHING



Men At Work

A practical workshop for healthier teams and stronger performance

Men – particularly in midlife – often struggle in silence with stress, health concerns and burnout. This workshop helps your organisation *take positive action*.

Why this matters:



Men are less likely to seek help early



Burnout and disengagement can go unnoticed



Experienced men may quietly 'check out'



The workplace is a key setting for change

This workshop delivers:

- ✓ Early awareness of stress and burnout
- ✓ Practical tools for supportive conversations
- ✓ Confidence for managers and leaders
- ✓ More open team cultures
- ✓ Improved engagement and retention

Flexible formats to suit your organisation:



60 minute lunchtime session



Half day interactive workshop



Full day programme

In-person or online delivery

Aligned to the UK Men's Health Strategy

Delivered by Darren Lawrence

Certified Men's Wellbeing Coach and Mental Health First Aider



Get in touch:

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