

Men: It's Okay to Talk (& Other Ways to Process Difficult Stuff)

Presented by Steve Heath Co-Founder & Director Mental Health in Business







Steve Heath

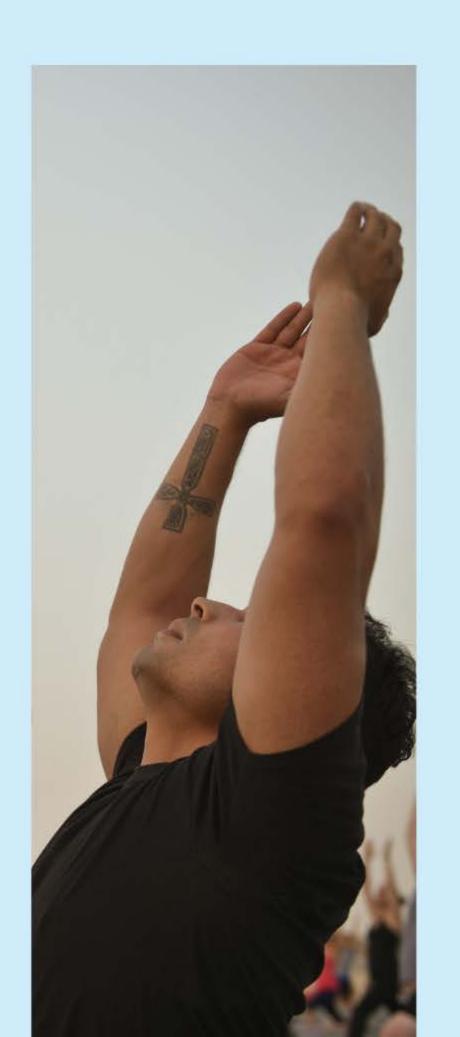
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Session Objectives



Expect to learn:

- A deeper understanding of the barriers to connection for men
- Some helpful ways to support men who are struggling
- Insight into new ways to process difficult stuff



What's one thing that always makes you feel a bit better when you're having a rough day?









What's one action you commit to taking based on what we've learned today?

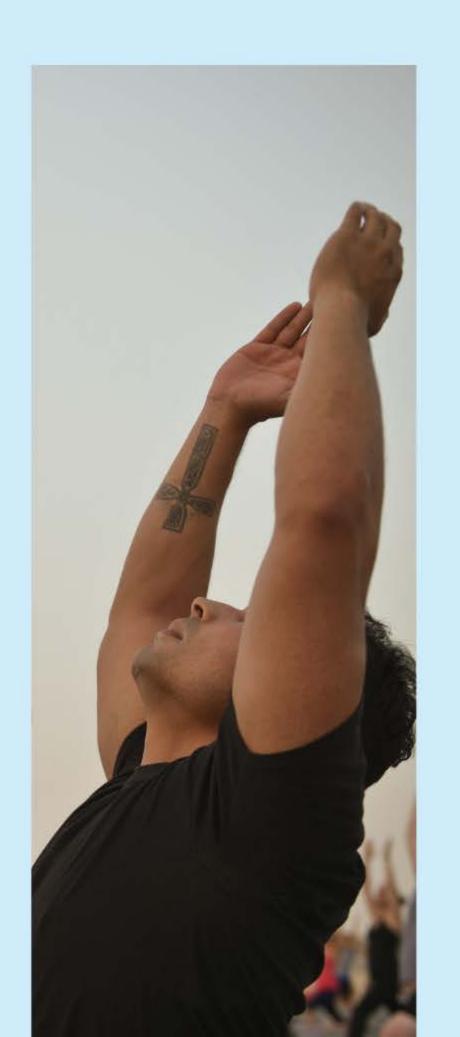


Any Questions?

Please feel free, this is a safe space 😊



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