

## Bulletproof People - Men's Health In The Workplace



**FOCUS:** Establishing a set of 'healthy' convictions, that will drive a 'healthy' workplace culture.

**LENGTH:** 3 options

- 30 min Lunch & Learn or Toolbox
- 60 min Keynote or Seminar
- 2 hr, 4 hr, or 6 hr Workshops (customised to the client's needs).

**GROUP SIZE:** Various

**METHOD:**  Personal reflection  Pairs collaboration  Group think & action

### AWARENESS

1. The biggest killer of men.
2. Think>Feel>Do. (Choices?)
3. Health and the impacts on safety and productivity.

### IDENTIFY

1. Thinking like a man.
2. What goes in? (Diet, exercise & stress).
3. Roadblocks to success.

### FUTURE

1. Role models.
2. Looking out for each other.
3. Building a legacy.

### TRANSFORM

1. Building a set of personal and professional convictions.
2. What will be our 'group' behaviour?
3. 30 / 60 / 90 Day accountability.