



MEN AT WORK

A highly innovative program conducted with groups of men in the workplace to enable sustainable change.

Recent findings show quite clearly that, more than ever, organisational success will depend on resilient, well-adjusted, and motivated leaders and employees – those with the skills and mindsets that will sustain the competitive edge of companies in the new economy of sustainable mental performance.

KEY ORGANISATIONAL OUTCOMES:

- More effective implementation of work/family/life and diversity initiatives.
- Increased employee commitment and loyalty.
- More creative options for work redesign.
- Greater understanding of the needs of male employees.
- Enhanced employee well-being with the potential to reduce absenteeism and increase retention and productivity.

KEY INDIVIDUAL OUTCOMES:

- A greater awareness of their physical and psychological well-being.
- Increased motivation and commitment to achieve more effective outcomes in their personal and work lives.
- Enhanced skills to develop and maintain work/life pressures.
- Better coping strategies in all aspects of their lives.
- Improved relationship and communication strategies.

*DESIGNED FOR FLEXIBLE
DELIVERY OVER 6 HOURS*

*THE PROGRAM COVERS
THREE CORE AREAS:*

- **Work/Life Balance**
- **Personal Health and Wellbeing**
- **Relationships**

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