

ENGAGING MEN EFFECTIVELY

Short Course in Male Health Promotion



The **EFFECTIVE WAYS OF ENGAGING MEN** Male Health Promotion program equips allied health, human service, education, community workers and industry professionals with knowledge and skills to work more effectively with males, with the aim of improving the health, psychological, educational and social outcomes for them. The program acknowledges and recognises the challenges that men and boys face in today's world of rapid change and changing social responsibilities and, provides a space for the men and women who work with men and boys to develop health promotion strategies that are male friendly and effective. No previous experience or knowledge is required - only a willingness to learn, explore and grow.

EFFECTIVE WAYS OF ENGAGING MEN combines evidence based theory and practice with a focus on developing individual awareness, knowledge and interpersonal and group skills. The program has been developed by Men's Health Services, Australia's leading men's health and wellbeing consultancy service.

The program will include studies in social determinants of male health and refer to male health statistics in relation to illness and use of services and consider current theories, concepts, constructs and determinants of male health seeking behaviour. The program is inclusive of our Aboriginal and Torres Strait Islander brothers' health and wellbeing needs.

EFFECTIVE WAYS OF ENGAGING MEN identifies barriers in health care and offers potential and existing solutions to overcome these barriers in a range of health care settings. The concept of multiple masculinities recognises that not all men can be engaged by way of or one technique or strategy. The perception that men are disinterested in their health is challenged and a range of approaches will be discussed, for use in the community, health care settings and in the workplace. Future activities to build the capacity of health care providers to better engage with men are identified and the role of policy and program development is addressed.

ABOUT THE PRESENTER

Greg Millan is one of Australia's leading experts on men's health and wellbeing with over 32 years' experience in the men's health promotion area. He has developed and implemented many health programs, professional training sessions, and community events and developed resources covering a wide range of male health and wellbeing issues. Greg is a social work trained health educator, a Certified Workplace Trainer and an Affiliated Member of the Australian Association of Buddhist Counsellors and Psychotherapists. He has worked for over 37 years in Government, non-government organisations and the private sector.

This training program has been developed by Greg based on his research and 30 years of clinical and community experience in working with men across Australia and overseas.

EFFECTIVE WAYS OF ENGAGING MEN COURSE CONTENT

The course provides interactive small group work and time for discussion and reflection.

DAY ONE

1. Holistic health model | social determinants of health | introduction to gender medicine | overview of male health & wellbeing issues
2. The HEALTH model | effective health promotion strategies
3. Male mental wellbeing | suicide prevention techniques that work for men | how men deal with difficult emotions

DAY TWO

4. Building, enhancing and maintaining relationships with others. Breaking down social isolation.
5. Mediation, Mindfulness and Self Compassion – theory and skills development. Helping men to find meaning and purpose in life
6. Working with men in groups. Dealing with the change in groups. Developing effective group leadership.
7. Review

EFFECTIVE WAYS OF ENGAGING MEN Course Costs and Resources

Cost per program \$600 for 2 days of training, lunch and refreshments, all resources and ongoing support, an early bird rate of \$500 will be offered for all courses.

All training materials plus a comprehensive bank of men's health reports, articles and resources including a copy of my book "*Men's health and wellbeing: an a – z guide*" are supplied on completion of the course. Ongoing follow up will be provided and all training course participants will be invited to be a part of an ongoing network for future support in their work with men and boys.

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