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MEN'S SUMMIT

Swag Bag

Thursday 17 November 2022 | Virtual

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Thank You

On behalf of Equality Leaders and Japan Airlines we would like to thank you for joining us at our Men's Summit.

We hope you found it to be a valuable and enriching knowledge-sharing experience providing you with actionable steps to make change happen.

Together with our partners and speakers, we have curated this 'Swag Bag' of resources to further support your continued learning.

Yours in lifelong learning,

Minaxi Mistry

CEO & Founder, Equality Leaders

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[Men's Mental Health](#)

People living in the perception of how a man should act is the reason why men today are scared of sharing their emotions, scared of being seen as weak by others and not as a "real man" should be. Source: TEDxYouth



[Decoding the gender code at home](#)

Landa speaks candidly about the need to deconstruct the rigid gender binary on the home level. He shares his journey by reminding us of the variations of the colour spectrum. Source: TEDxCapeTownWomen



[Why gender equality is good for everyone - men](#)

[included](#) Yes, we all know it's the right thing to do. It's not a zero-sum game, but a win-win that will result in more opportunity and more happiness for everybody. Source: TEDWomen2015



W A T C H



[What its like to be a transgender dad](#)

LB Hannahs candidly shares the experience of parenting as a genderqueer individual, and what it can teach us about authenticity and advocacy. Source: TEDxUF



[The Crisis of Masculinity](#)

Patriarchal masculinity is a fungus in society. So how can we challenge the archetypal man, in order to make sure that all men feel safe to live? Source: TEDxBrighton



[Is Masculinity Killing Men?](#)

Rob Wang draws on his own experience of suicidal depression to explain how misguided notions of masculinity affected his mental health. Source: TEDxTemecula

L I S T E N



We know that it helps to talk about our problems. Suppressing them only lets them grow, and there can be great relief in discovering that we are not alone. [Listen.](#)



Moth storytellers stand alone, under a spotlight, with only a microphone and a roomful of strangers. The storyteller and the audience embark on a high-wire act of shared experience. [Listen.](#)



A platform for young men from all walks of life to share their stories and open up about what they really go through, because it's shows we're not alone. [Listen.](#)



A podcast discussing everything from co-parenting, masculinity, and the Black experience. [Listen.](#)

Cultural Intelligence CQ[®] Masterclass



This one-day Masterclass not only explores CQ[®] and its four capabilities in-depth but also deepens our understanding of cultural values, providing leaders with an actionable framework to grow their self-awareness and lead with personal impact.

Apply CQ to harness your potential in:

Diversity, Equity & Inclusion

CQ offers a fresh perspective to enable a strategic approach to DE&I.

Leadership Development

CQ gives key decision-makers the self-awareness to lead with compassion and agility.

Recruitment, Hiring & Promotion

CQ provides a framework to safeguard equitable decision-making.

Team Performance

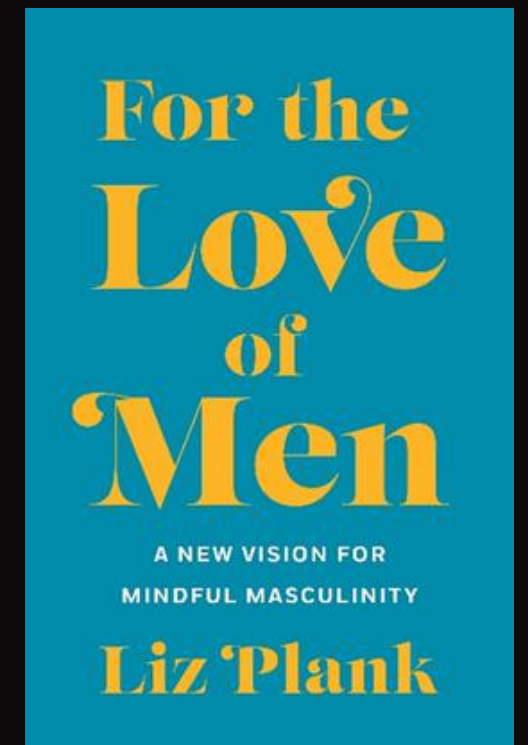
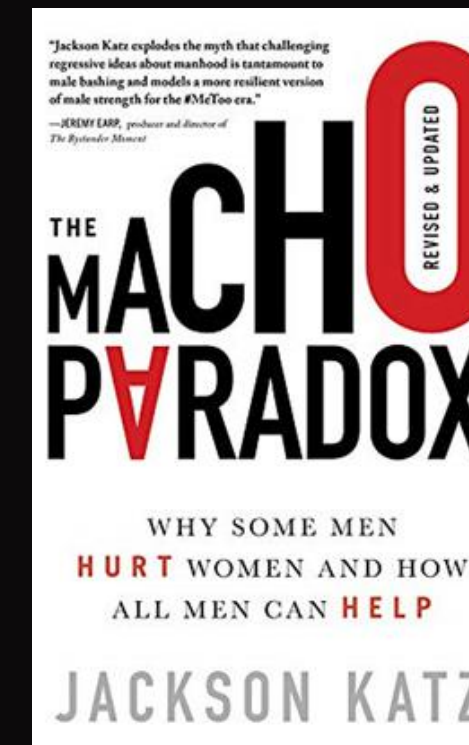
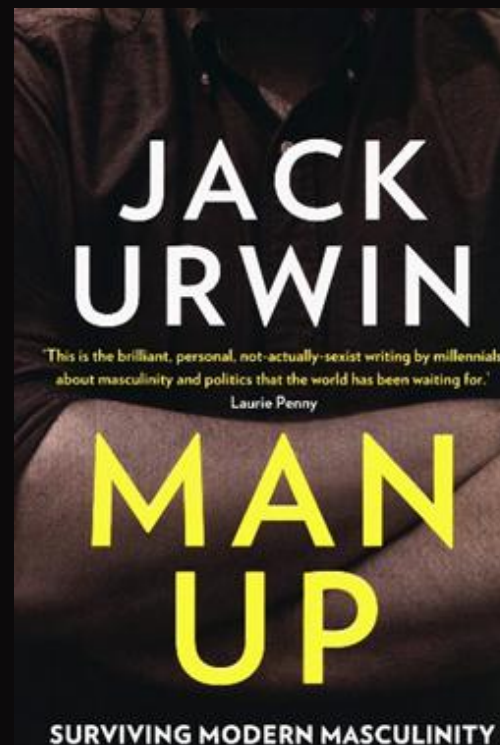
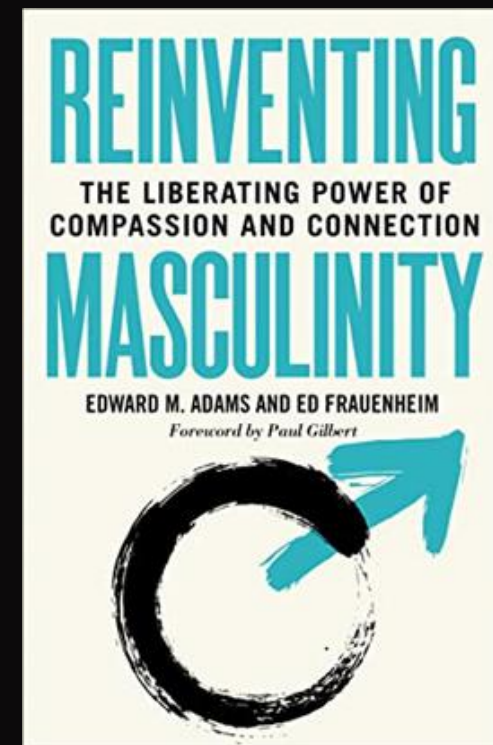
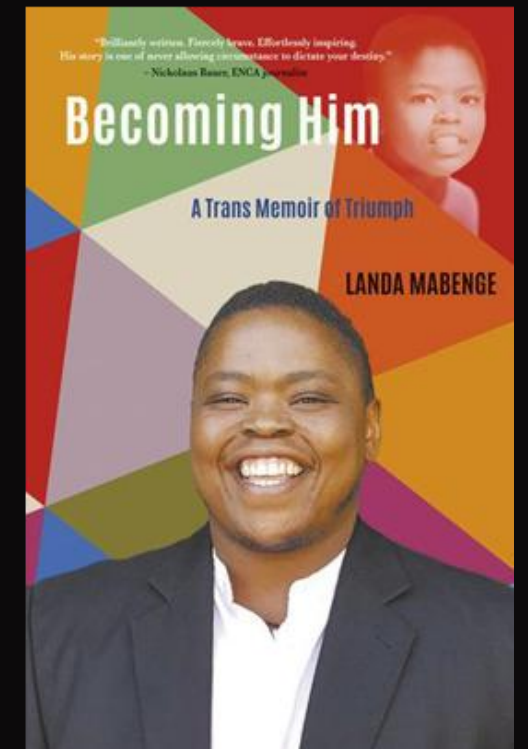
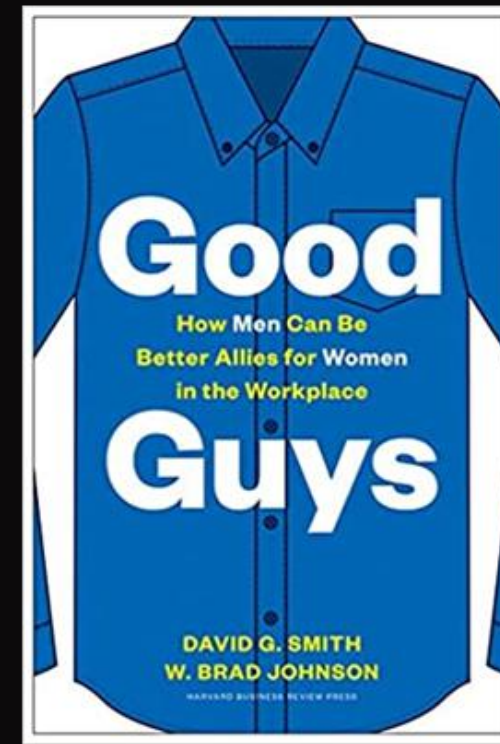
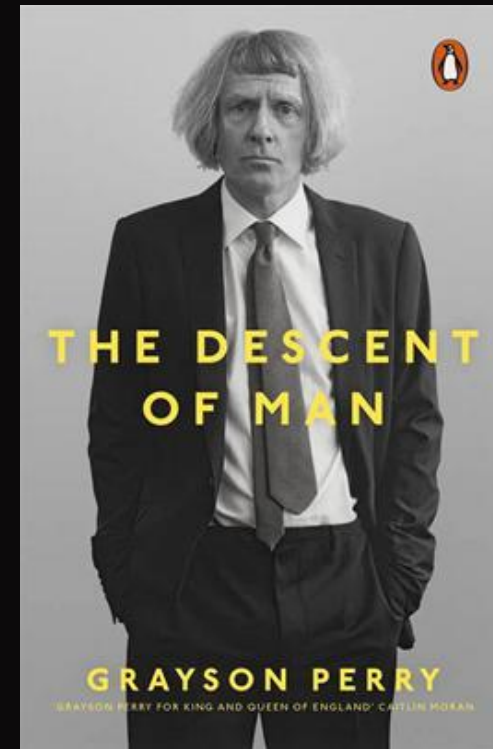
CQ enhances team capabilities to communicate and innovate effectively.



Visit us [here](#) for further details.



READ





fatherhood
INSTITUTE

A GREAT DAD FOR EVERY CHILD



HBR

Fathers combining work and care in the UK

The study found that employed fathers are almost twice as likely as mothers to have requests for flexible working turned down, and to fear that asking to work flexibly will damage their careers. Employers are also more likely to “top up” Maternity Pay levels than Paternity or Shared Parental Leave pay levels, supporting female employees, but not their male colleagues, to take leave. Source: Fatherhood Institute.

Get it off your chest: Men's mental health

While some of the findings show positive increases in men's help-seeking behaviours and their ability to speak openly about their mental health, there is still much more to be done to ensure that men are receiving the right support and feel able to reach out for help. Source: Mind.

Black Professional Men Describe What It's Like to Be in the Gender Majority but the Racial Minority

How are black men's experiences in the workforce influenced by race and gender? Black men also describe a sense of alienation and isolation on the job, and find it taboo to reach out to other black men to create bonds. Source: Harvard Business Review.

CO((Labs)) Co-Creating Listening Circles



In 3 bite-size virtual sessions, our CO((Labs)) learning experience challenges participants to self-reflect, deepen their understanding of core DE&I concepts, and commit to doing better.

CO((Labs)) is designed to offer opportunities to:

Foster psychological safety

Building trust in everyday moments by embracing vulnerability.

Grow self-awareness

Committing to knowing and asking tough questions of self and others.

Lead inclusively

Role-modelling inclusive leadership with curiosity, courage and collaboration.

Build high performing teams

Adapting leadership to draw on team diversity.

Practice self-accountability

Committing to doing the work and holding self and others accountable.



Visit us [here](#) for further details.





About Us

Our Purpose

Equality Leaders is an impact-focused organisation operating at the intersection of diversity, equity, and inclusion.

Our mission is to drive sustainable change, building equity into data-led design, to create thriving futures for your organisations and the communities you serve.

We exist to accelerate learning journeys, craft spaces for bold and inclusive conversations, and provide the resources and tools to innovate equitable outcomes.

Our Core Pillars

Consulting

We partner with organisations to support them in building value-led workspaces to foster cultures of inclusive and equitable decision-making.

Learning

We design and deliver bespoke learning experiences which are collaborative, experiential, and built to make an impact.

Events

Bringing people and communities together to share ideas, lived experiences, and enrich dialogues to transform the way we work and live.

Contact Us



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Join our community and sign up for our free
monthly DE&I Business & Lifestyle Brief

