



## Your DE&I Business and Lifestyle Brief

November 2022

### Authentic Men Breaking the Mould

November brings with it Men's Health Awareness Month in the UK - an opportune moment for all of us to hold space for dialogue. Our inaugural Men's Summit on 17 Nov invites men to share their stories on the unwritten rules of masculinity that have shaped so much of their lived experience. Men are renegotiating the status quo, beginning to question the ways in which patriarchal culture keeps them from knowing and loving their true authentic selves and denies them access to full emotional and mental wellbeing. This month we bring to you a selection of curated resources in which men are embracing and celebrating their myriad of masculinities to live more wholeheartedly.

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#### This Month's Features



##### Black Professional Men as the Gender Majority and the Racial Minority

Research shows that Black men in male-dominated professions largely have amicable relationships with their white male co-workers. At the same time, Black men also describe a sense of alienation and isolation on the job. Read [here](#).



##### Why the UK needs Fair Jobs for Dads

Employment law for parents should be overhauled, starting with 3 months well-paid "daddy leave", according to a ground-breaking study. It recommends a radical shake-up to make it easier for Dads, as well as Mums, to care and earn for their families. Read [here](#).

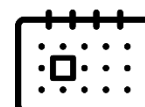


##### Get It Off Your Chest: Men's Mental Health

Mind's latest research report looks specifically at men's mental health and help seeking behaviours. It also draws upon findings to truly understand the wider context for men's mental health today. Read more [here](#).

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#### Upcoming Events





### Wellbeing for Men 22nd November

Our complimentary webinar with Dr Roger Prentis explores why men should be talking about their physical, emotional, sexual and nutritional wellbeing. It also speaks to stress management and how men can better navigate life changes. Book [here](#).



### Men's Summit 2022 17th November

You're invited to our inaugural Men's Summit as we hold space for trailblazing men who share their stories and experiences of living in a patriarchal culture defined by outdated modes of masculinity, and explore how they are breaking the mould. Book your FREE ticket [here](#).

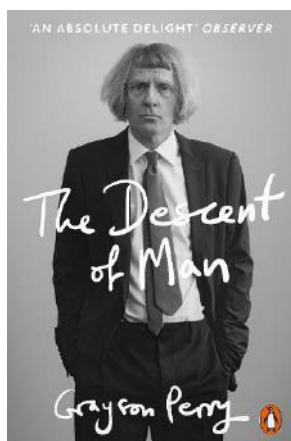


### Disability Inclusion 8th December

Join us for a complimentary webinar delivered by Disability Equality specialist Ruben Carol. This webinar takes a look at Ruben's personal story of becoming disabled and introduces his "Disability Inclusion" learning experience available as an in-house programme. Book [here](#).

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## Lifestyle Picks



### Read The Descent of Man written by Grayson Perry

Perry's timely, entertaining book explores how rigid masculine roles are destroying men's lives. He posits that part of the problem is not their gender but rather the gender role dictated to them. Read [here](#).



### Visit OKHA: the Queer & Black book club

A book club bringing works by African, Caribbean and Afro-Latinx people to the forefront; providing spaces for book lovers and dialogues to share perspectives, learnings and experiences. Book [here](#).



### **Watch** **How Masculinity is Evolving**

Society's understanding of masculinity is changing, redefining culture and challenging long-held beliefs. These compelling TED talks put "manliness" under the microscope. Watch [here](#).



### **Listen** **The Man Enough Podcast**

What does it mean to be a man in the world today? This webby-nominated podcast explores how the messages of masculinity show up in relationships, body image, fatherhood, privilege, and mental health. Listen [here](#).

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## **Meet The Team**



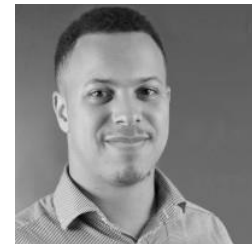
**Minaxi Mistry**  
Founder & CEO



**Tim Hardy-Lenik**  
Non-Executive  
Director



**Ray James**  
Advisor



**Daniel Palmer**  
Data & Partnerships  
Lead



**Dylan Shimmon**  
Learning  
Experience  
Designer



**Apple Cueto**  
Global Events Lead



**Maiyora Jeyabraba**  
DE&I Brief Editor



**Alisar Awwad**  
Creative Strategist

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