

MEN'S SUMMIT 2023

Swag Bag

Thursday 16 November 2023 | Virtual

Brought to you by



THANK YOU

On behalf of Equality Leaders, 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 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

DEATH SEX & MONEY

WITH ANNA SALE

WNYCSTUDIOS

Don't be weak. Don't be emotional. Don't be feminine. Don't be aggressive. Don't be sexist. Don't be patronising. Don't be entitled. Don't be big. Don't be loud. We're in a moment where what it means to be a man is shifting. [Listen.](#)



Host Aymann Ismail invites men and women to tell their stories - they talk relationships, family, sex, and identity, trying to understand their experiences to help listeners make more sense of their own. [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 for those preparing for parenthood. Led by Marvyn Harrison and special guests, they explore everything from co-parenting, to masculinity, and the Black experience. [Listen.](#)



CULTURAL INTELLIGENCE CQ® MASTERCLASS



We explore CQ® and its four capabilities in-depth, deepen your understanding of cultural values, and provide leaders with the evidence-based insights needed to begin driving meaningful organisational change.

Organisations across the globe are applying CQ to harness their potential to drive:

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.





[How Masculinity is Evolving](#)

Society's understanding of masculinity is changing, redefining culture and challenging long-held beliefs. These compelling talks put "manliness" under the microscope.



[What Does "Be a Man" Really Mean?](#)

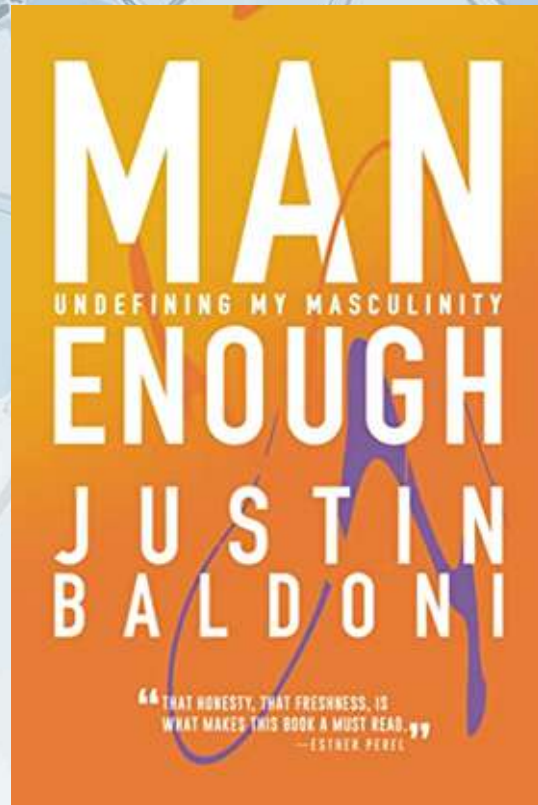
The current standards and expectations of manhood have an undeniable impact on our relationships and our society. Inspired by the courage and vulnerability of women and survivors in the #MeToo movement, Mazin Jamal shares his struggles with manhood, mistakes he's made, and the steps he's taking to learn and grow.



[Emotional Fluency in our Changing World](#)

Nate Evans Jr. discusses an issue within Black communities that persists due to the lack of mental health awareness: emotional literacy as a language that Black boys are not taught. This passion was birthed by his own battles with mental health issues as a teen and young adult.

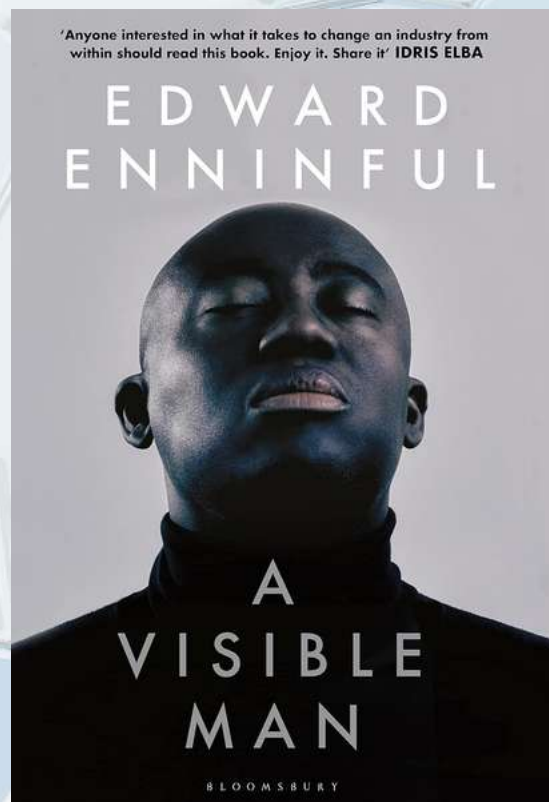
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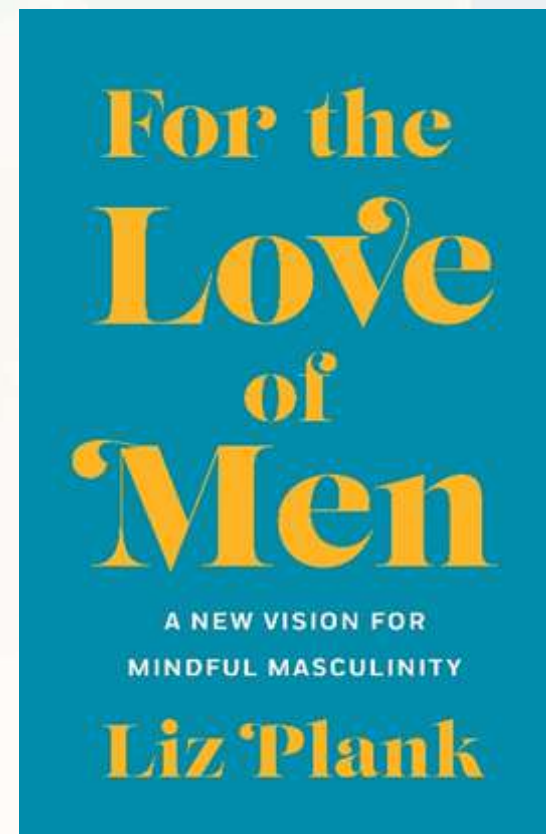
The effects of traditionally defined masculinity have become one of the most prevalent social issues of our time. Baldoni explores uncomfortable topics including strength and vulnerability, relationships and marriage, body image, sex and sexuality, racial justice, gender equality, and fatherhood.



So, what about men? Why do they only go to the doctor if their wife or girlfriend makes them? Why do they never discuss their penises with each other - but make endless jokes about their balls? What is porn doing for young men? Is their fondness for super-skinny jeans leading to an epidemic of bad mental health? Are men allowed to be sad? Moran intends to answer all these and more.

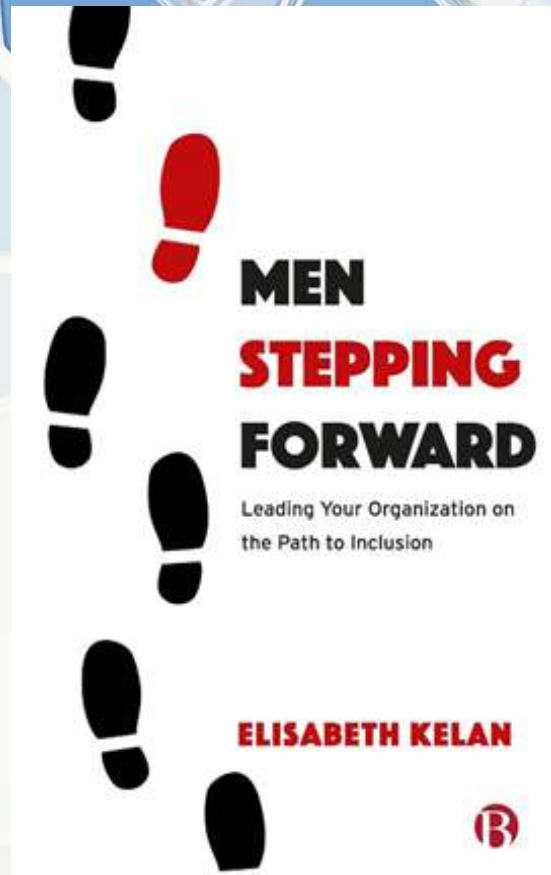


The groundbreaking first Black editor of British Vogue tells his story from working-class outsider to the apex of the fashion industry and how he has always championed inclusion and representation in the worlds of design and photography. Written with style, grace and heart, this is the story of a visionary who changed not only an industry, but how we understand beauty.

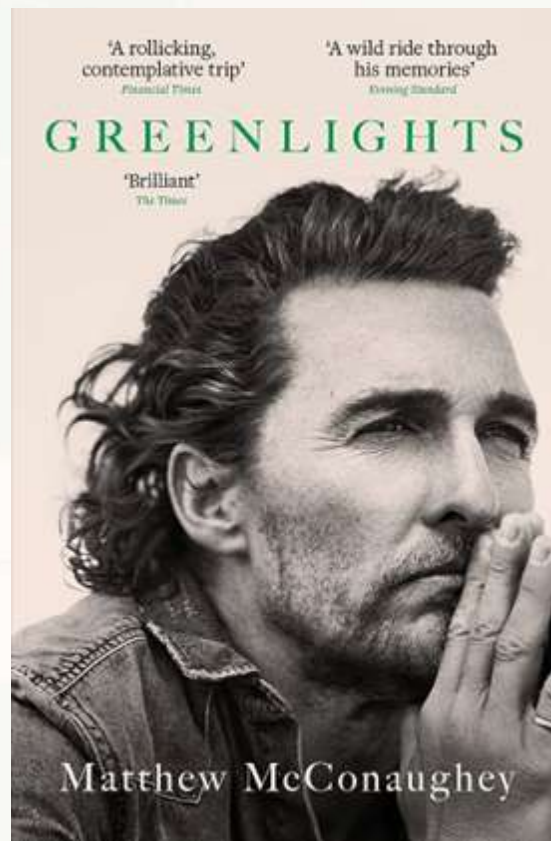


Liz offers a smart, insightful, and deeply-researched guide for what we're all going to do about toxic masculinity. For both women looking to guide the men in their lives and men who want to do better and just don't know how, For the Love of Men will lead the conversation on men's issues in a society where so much is changing, but gender roles have remained strangely stagnant.

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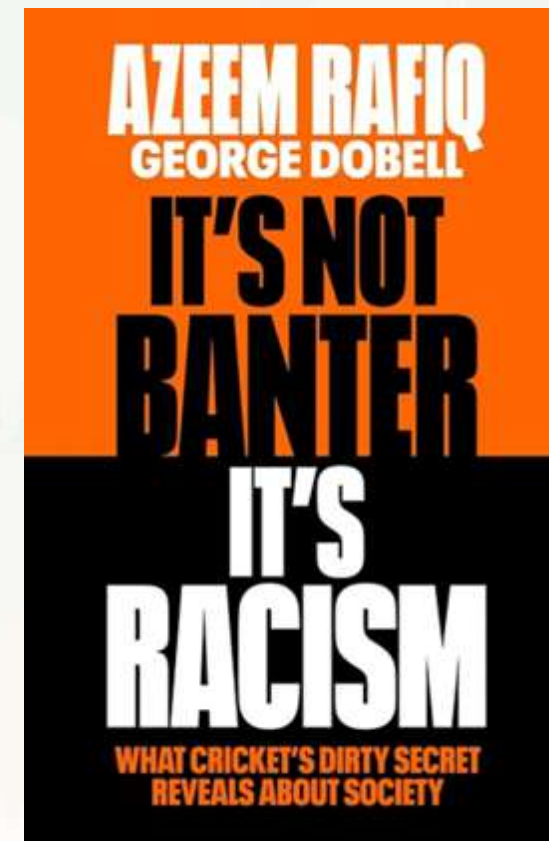
How do men interested in gender equality become 'change makers' and lead their organisation towards inclusion? Directly addressing men, this innovative book reveals how they can be centrally involved in creating gender-inclusive cultures in their organisations. Using cutting-edge research, it suggests practical actions for men as leaders and managers to implement in order to make real changes.



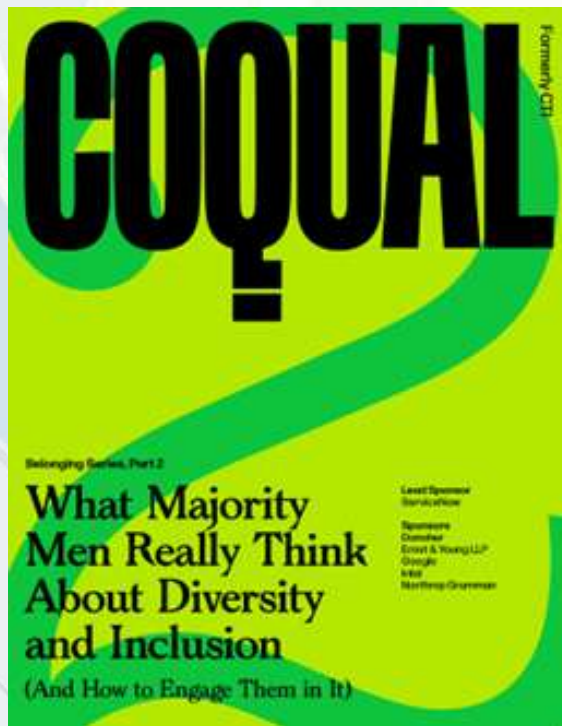
From the Academy Award®-winning actor, an unconventional memoir filled with raucous stories, outlaw wisdom, and lessons learned the hard way about living with greater satisfaction. Notes about successes and failures, joys and sorrows, things that made me marvel, and things that made me laugh out loud. How to be fair. How to have less stress. How to have fun. How to hurt people less. How to get hurt less. How to be a good man.



With equal parts passion and humour, Ford reveals how patriarchal society is as destructive for men as it is for women, creating a dangerously limited idea of what it is to be a man. She traces the way gender norms creep into the home from early childhood, through popular culture or the division of housework and shines a light on what needs to change for equality to become a reality.

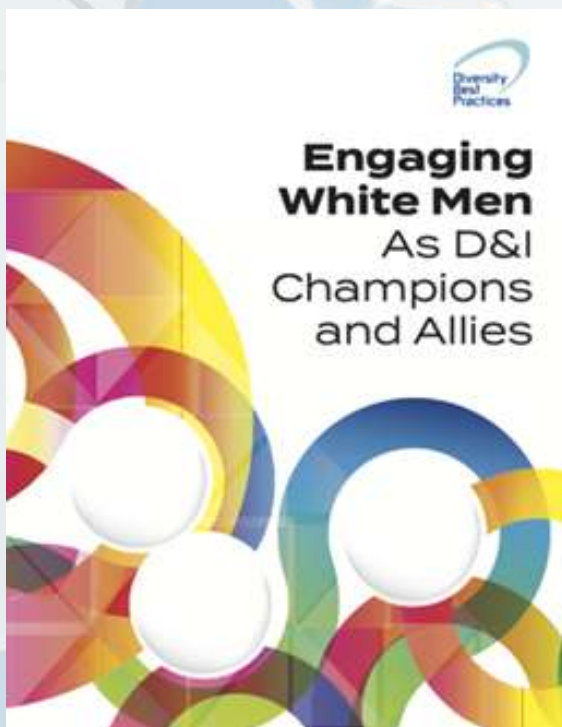


This is the story of how one cricketer in Yorkshire started a nationwide conversation, putting a spotlight on a society riddled with bias. When, on 16 November 2021, Azeem stood up and courageously spoke out about his experiences of racism at Yorkshire County Cricket Club he was coolly dismissed, told that it was "friendly banter" and that he was a troublemaker.



[What Majority Men Really Think About D&I \(And How to Engage Them in It\)](#)

White cis straight men hold the majority of power in corporate America. How many are true believers in DE&I? This Coqual report provides crucial, and surprising, insights for engaging majority men on the road to inclusion.



[Engaging White Men As D&I Champions and Allies](#)

Today, many DE&I initiatives struggle to include white men. In many organisations we speak with, the perception of diversity initiatives as primarily addressing inequities faced by women, people of colour, and other marginalised groups has unintentionally excluded white men.



[White Men Are Feeling Left Out Of Diversity, Equity, & Inclusion](#)

Everyone wants to feel a sense of belonging, to feel included. No one wants to feel disadvantaged, as if something is being taken away from them. But for many white men, it is exactly these narratives they're sharing with DE&I practitioners so what should we do?



ALLYSHIP UNLOCKED



In 3 bite-size virtual sessions, our Allyship Unlocked learning experience equips learners with the knowledge and tools needed to become active allies, supporting them on their inclusion journeys to nurture cultures of allyship.

It challenges learners to self-reflect, deepen their understanding of core DE&I concepts, and commit to doing better.

Delivering impactful learning outcomes are core to the learning experience:

Foster psychological safety

Building trust in everyday moments by embracing vulnerability.

Cultivate 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**](#) to book your seat.





Our purpose is to be your most impactful ED&I partner. We take a disruptive, innovative and compassionate approach to equip you with the tools to become change enablers and accelerate learning journeys.

Our mission is to support businesses in delivering impactful ED&I outcomes critical to their sustainable and commercial success. We are led by evidence-based insights to focus on building thriving futures for the communities we live in, work with, and serve.

More about who we are, and our guiding values can be found in our corporate brochure [here](#).

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.



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