

Beyond Toughness: Embracing Emotions in Men

Men are taught to be strong. Somewhere along the way, many also learn to hide the emotions that don't fit that picture. This session flips the script: choosing to feel, and to show it, is not weak, it takes courage. Built for International Men's Day and any inclusion or empathy initiative, this webinar unpacks why vulnerable emotions feel harder for men to express, what the evidence says it costs them and the people around them, and the small, practical shifts that build stronger self-leadership at work and at home.

Learning Objectives

- Explain why men are more often taught to hide vulnerable emotions than positive ones
 - Connect emotional self-awareness to stronger self-leadership, at work and at home
 - Apply one practical technique to notice, name and voice emotions in the moment
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Content Outline

Naming the Pattern

- Why men are praised for some emotions and taught to hide others
- What the research says this costs them
- Where the pressure to "stay strong" actually comes from

The Case for Courage

- Self-leadership starts with noticing your own emotional and physical signals
- Why self-awareness is a performance skill, not a soft one
- Who benefits when men stop hiding: themselves, their teams, their families

Making Space

- Three simple techniques to notice and name emotions as they happen
- Coaching questions to build a self-check-in habit
- A live activity to practise self-leadership in real time