

Beyond Toughness: Embracing Emotions in Men

Key Takeaways

1

The Emotions Men Are “Allowed”

	Celebrated	Downplayed	
	Triumph & competitive drive	Fear & sadness	
	Controlled anger	Grief	
	Stoic resilience	Love, joy & tender pride	
			

2

From Leading Others to Leading Yourself



Physiological Cue

Leading yourself, before you lead anyone else.

- Distinct from **managing others**
- Grounded in noticing your own **thoughts, emotions and body**
- Tight chest, clenched jaw, shallow breath **arrive before conscious thought**.
- Noticing them is the first step of self-regulation.
- Interoceptive awareness, **sensing the body**, helps regulate emotion.

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Three Ways to Start



Name It

Pause and get specific
about the feeling



Voice It

Say it to one person
before it's urgent



Model It

Show it first, others will
follow

Need a bit more help?

Speak with your coach to explore where the pressure to "stay strong" shows up for you, practise naming what you feel instead of pushing it down, and build the kind of self-awareness.



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