



Men's Circle

Men's Wellness Club

Mental Resilience | Emotional Intelligence | Social Fitness



Who are we?



Since 2020, we've worked with hundreds of men to:

- 🧠 Train **emotional intelligence** to understand themselves and others better.
- 🏆 Strengthen **mental resilience** to regulate and create mental stamina.
- 🎯 Facilitate peer-mentoring to drive **motivation** and **accountability**.



Forbes








What is a men's circle?

- 🕒 It's a regular, 1.5hr meeting, in person or on Zoom, led by one of our professional Facilitators.
- 🔴 It's carefully designed to create a safe container to practice self-reflection, emotional regulation, group sharing, listening and feedback.
- 👉 It's a pro-active and peer-led environment for men's inner-development.





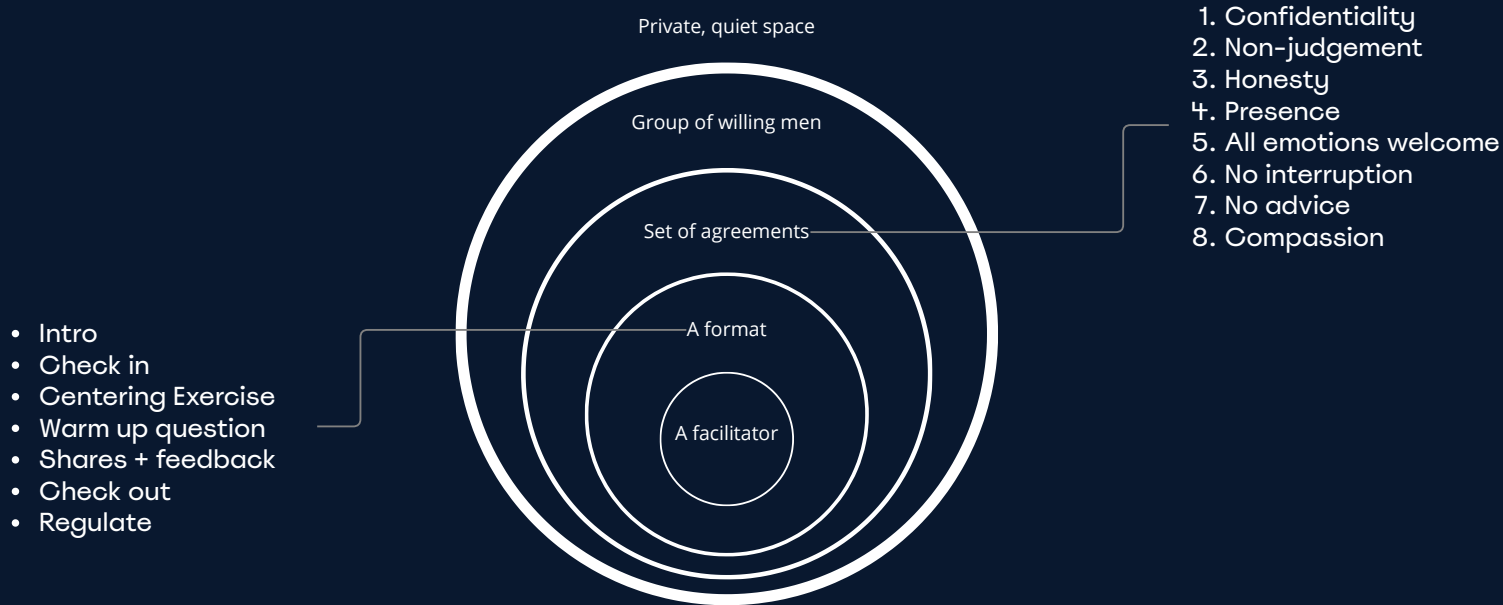
Why is it needed?

-  Emotional intelligence is the strongest predictor of performance. [\[Source\]](#)
-  Two thirds of men have not sought help for their mental health in the last year. [\[Source\]](#)
-  Two thirds of remote workers have not made a work friend. [\[Source\]](#)





How does it work?





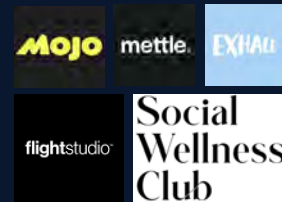
Case Study



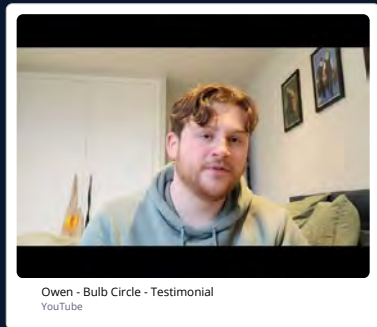
✓ We Facilitated a 3-month men's circle with Bulb Energy Ltd.

📊 This had a significant increase in participants' wellbeing scores (14%) and self-care scores (34%).

✉️ **Referee:** [Robert Haines](#), People Ops Lead, Octopus Energy.



Bulb Circle Review - Adam McPherson, IT Support Analyst
YouTube



Owen - Bulb Circle - Testimonial
YouTube



Circle Review - Mark Kellett, Staff Engineer, Bulb Energy Ltd.
YouTube





Private, quiet, comfortable space

Group of willing men

Set of agreements

A format

A facilitator

- Check in
- Center
- Warm up Question
- Shares
- Check out
- State shift

Outer Circle

[£4500]

Trial a men's circle and get direct feedback.

- Initial men's wellbeing assessment.
- Webinar/talk on men's wellbeing, men's circles, mental fitness and emotional intelligence.
- 4-weeks of online Men's Circle access for men to experience, feedback and request membership.
- On-demand weekly online Men's Circle access, via our public circles (£80 pp p/m)



Inner Circle

[£9500]

We facilitate a circle for a group of men in your organisation.



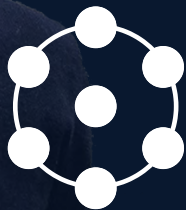
- Intro webinar / talk on circles, mental fitness and emotional intelligence.
- Wellbeing, self-care and EI assessment for participating men.
- A 12-week facilitated online or on-site circle held for up to 8 men.
- Using our AAA programme: Awareness, Acceptance, Action.
- Ongoing assessment / OKR's / KPI's.
- Post programme review and renew.



Facilitator Training

[£3000 per trainee]

Train leaders in your organisation to facilitate men's circles.



- 2 day intensive in person, or 6 week online course.
- Comprehensive content on group facilitation, men's challenges, psychological models, feedback, conflict and soft skills.
- Theory, practical and experiential learning
- Ongoing facilitator supervision £120 p/m per person.
- Ongoing related CPD opportunities.





Contact us

We also facilitate day workshops, residential retreats, team and leadership training, themed circles and talks.

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