

**CERTIFICATE COURSE IN MALE HEALTH PROMOTION**

**Registrations are now open for Melbourne**

**23–27 May 2016**

Baker IDI Heart and Diabetes Institute

Level 7, 75 Commercial Road, Melbourne (next to the Alfred Hospital)

The **ENGAGING MEN** certificate course in male health promotion will equip allied health, human service, education, community workers and industry professionals with knowledge and skills to work more effectively with males, with the aim of improving the health, psychological, educational and social outcomes for them. The course acknowledges and recognises the challenges that men and boys face in today’s world of rapid change and changing social responsibilities and, provides a space for the men and women who work with men and boys to develop health promotion strategies that are male friendly and effective. No previous experience or knowledge is required — only a willingness to learn, explore and grow. **ENGAGING MEN** combines evidence based theory and practice with a focus on developing individual awareness, knowledge and interpersonal and group skills.

**What does the ENGAGING MEN course cover?**

1. An introduction to holistic health model | overview of male health & wellbeing issues | social determinants of health.
2. The HEALTH model | history of male health work in Australia | effective ways of working with men and boys.
3. Male psychology |Interpersonal communication skills | how men deal with difficult emotions.
4. Building, enhancing and maintaining relationships with others. Breaking down social isolation.
5. Mediation, Mindfulness and Self Compassion — theory and skills development.
6. Working with men in groups. Starting, maintaining and ending groups. Developing effective group leadership.
7. Goal setting | Happiness building | Empowerment — individual goal setting strategies.
8. Helping men to find meaning and purpose in life | Enhancing strengths based approaches.
9. Participants self-guided project presentations.
10. Specialised areas of study as decided pre commencement of course by each training group.

All modules are presented in a half day format with lots of interactive small group work and time for discussion and reflection.

About the presenter

Greg Millan is one of Australia’s leading experts on men’s health and wellbeing with over 30 years experience in the men’s health promotion area. He has developed and implemented many health programs, professional training sessions, and community events and developed resources covering a wide range of male health and wellbeing issues. Greg is a social work trained health educator who has worked for over 35 years in Government, non-government organisations and the private sector. He is currently involved in various men’s health & wellbeing projects and is the author of *Men’s health & wellbeing: an a–z guide*. **ENGAGING MEN** has been developed by Greg based on his research and 30 years of clinical and community experience in working with men across Australia and overseas.

Cost and Registration.

An Early Bird rate of $1000 applies if your registration is received by **5pm, Friday 29 April 2016.** Registrations after this time cost $1200.

Registration includes the five-day training program, resources, refreshments and lunch.

All training materials plus a comprehensive bank of men’s health reports, articles and resources including a copy of my book *Men’s health and wellbeing: an a–z guide* are supplied on completion of the course.

Register using the registration form below.

More information

**Greg Millan**, Men’s Health Consultant

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Training registration form

Once your completed Registration Form is received a Tax Invoice will be emailed to you so you can arrange payment.

Payments need to be received before the training date for the registration to be fully confirmed. A receipt will be forwarded after payment has been received.

Payments can only be made by:

1. Direct debit to:  
   St. George Bank, Greg Millan  
   BSB: 112-879  
   Account number: 149606721
2. Cheque payable to Greg Millan  
   Post cheques to Men’s Health Services, PO Box 953, Hamilton NSW 2303
3. You can also pay by PayPal, please let me know and I will forward you a PayPal Invoice to make the payment.

Registration process

1. Save this Word Document as ‘Rego: + your surname’ e.g. ‘Rego: Smith’.
2. Complete the registration details below and email to [**training@menshealthservices.com.au**](mailto:training@menshealthservices.com.au)

Registration details

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| --- | --- |
| **Course** | Engaging Men, 23–27 May 2016, Melbourne |
| **Name** |  |
| **Position** |  |
| **Organisation** |  |
| **Mailing address** |  |
| **Telephone and mobile** |  |
| **Email address** |  |
| **Access or dietary requirements** |  |

Please provide a brief overview of either your current work with men and boys or the future area/s of men’s health promotion that interest you.

Are there any particular sub populations of men or male health and wellbeing issues you would like to see included in the training?

Thank you for your registration and the information you have provided.