

The Men's Development Network Ltd

49 O'Connell St. Waterford / North Brunswick Street, Dublin 7

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REGISTRATION NUMBER: 307175, CHARITY NUMBER: CHY 13634

Directors : Gerard Walsh (Chairman), John Kinsella (Acting Treasurer),
Noel Synnott, Nicholas Clarke.

Company Secretary: Michael Hennessy. *CEO*: Alan O'Neill.

7 Key Questions for a Better Life

*Can you afford to miss the '7 Key Questions for a Better Life'
Men's Health Training Day?*

Throughout 2015, the Men's Development Network (MDN) will travel across Ireland delivering their highly successful training programme to anyone interested in engaging with men. This day is facilitated in an open, friendly and experiential way, and draws upon discussion, group work and presentations to explore relevant topics. Issues are explored via the '7 Key Questions', which have been developed by MDN.

These questions can be used in a number of settings to positively address issues which impact upon men's lives and to map next steps to a better life. The training provides a valuable insight into why supporting men is crucial. It also demonstrates successful ways to support men, and highlights best practice for engaging men developmentally with health and life issues.

For further information, contact

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What participants said about the 7 Key Questions Training

- "Very well delivered and enlightening. Insights into the needs of men in general and the different ways in developing men's wellbeing"
- "Was very good, given in great detail some very good information, liked listening to what other people had to say".
- "Very informative, well delivered and a good strong welcome"



"We confirm that the Men's Development Network complies with The Governance Code for the Community, Voluntary and Charitable Sector of Ireland".

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- “I found it very interesting and with lots of good information. I liked the small group work and the way we shared a lot of information came from that”.
- Very good, I liked the style and delivery of the course”.
- Excellent insight into what the issues are, I liked the freshness and non complicated delivery”.
- “Very good a chance to revisit and explore ideas around the why of working with men”.
- “Very enlightening, I liked the interaction”.
- “Eye opener. How much as a man I find it difficult to talk about certain things just because I feel men don't cry. I liked the health care, men's health input”.
- “Training was very informative. It also made me see things from a different point of view. Really liked the group exercises.”
- “Great. So informed, open and friendly. Really enjoyed the openness to talk”.
- “Very informative. The facilitators worked very well together and with the group”.
- “Great. More aware of the issues dealing with men's health. Enjoyed the group discussion and using the 7 Questions”.
- “Excellent, enjoyed discussions and listening”.
- “Enjoyed the day. Learned to focus more towards men when planning events. The packs were a great resource”.
- “Excellent. Really liked most the interaction, learning new ways to engage me in services”.
- “An enlightening experience. Exceptionally well presented by facilitators and the fact that it was supported by in depth research”.
- “I feel I have a better understanding of men's issues. I liked that the presentation was very clear”.
- “Found it very interesting and comprehensive, gave thought for aspects of men's lives not normally considered. Liked the holistic approach”.



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