



## Men don't talk – or do they?

### Description

**The age-old saying “men don't talk” was put to the test and beautifully disproved during a recent Warrior Connect session, hosted by Fedhealth and supported by the Wellness Team.**

In a society where vulnerability is often mistaken for weakness, creating a space for men to speak openly and honestly is not just bold, it's transformative.

A recent collaboration between Fedhealth and the Wellness Team led to a groundbreaking session that was more than a conversation. It was a moment of connection, reflection, and healing. Led by Nicole Dreyer, Ignatius Mapheto, Linda Mkudu, Nadine Viljoen and Heidi Sinclair, the event was a safe haven where men could explore their identities, challenge societal norms and support one another in their personal growth journeys. The impact was immediate and profound.



The men who attended expressed a deep sense of relief, empowerment and gratitude for the opportunity to be heard and understood. The session tackled complex themes with honesty and compassion, including:

- Masculinity vs. humanity: Redefining strength through vulnerability.

- Cultural influence: Examining how history and heritage shape our values.
- Emotional expression: Encouraging openness over silence.
- Living by principles: Choosing values that guide our actions.
- Socialisation and identity: Understanding how upbringing influences choices.
- Leadership perspectives: Honouring women, especially single mothers, as powerful leaders at home and in the workplace.

## **The way forward**

The session laid the groundwork for deeper, ongoing conversations. It proved that when given the right environment, men do talk – and what they share can lead to real change.

We call on other AfroCentric Group entities to follow Fedhealth's lead. Create spaces where men can speak, reflect and grow, because this isn't just about wellness, it's about building healthier, more inclusive workplaces where everyone thrives.

## **Category**

1. Our Wellness

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