

Men, Money & Mental Health Matters

Exploring the silent financial stress many men carry, and how to open up space for healthier conversations

Financial pressure is one of the most under-recognised challenges men face in high-performance industries. Yet stigma, silence, and internalised expectations can make it even harder to ask for support - especially when the world assumes you're "doing just fine".

This conversational, fireside-style session creates space to explore money stress, mental health, and societal pressures. Attendees are invited to reflect on their own patterns and leave better equipped to support colleagues and themselves.

Session Outline

- Why financial stress often goes unnoticed in men
- The link between performance culture, shame, and burnout
- Encouraging help-seeking and honest conversations
- Spotting signs of struggle in others, and responding with confidence
- Creating psychologically safe environments in male-dominated teams

Session Includes

- Interactive discussion format (fireside chat or facilitated session)
- Frameworks for confidence-building and emotional language
- Optional drop-in follow-up session for continued conversation

Speaker: Kim



Kim is a Chartered Wealth Manager, Certified Financial Coach, and Financial Wellbeing Trainer with over 35 years of experience in the financial and legal sectors. She combines deep technical and practical expertise with cutting-edge psychological insight to help individuals and organisations build genuine financial wellbeing.

Kim has worked with professionals at every level - from senior executives to frontline teams - bringing a trauma-informed, neuroscience-backed approach that moves far beyond generic money management. Her workshops are known for being engaging, evidence-based, and refreshingly free of jargon.

Whether supporting financial confidence, mental health, or behaviour change, Kim's work is built on one belief: when people feel safe and in control of their finances, everything else improves too.