



THE MEN'S TABLE
SUPPORTING MEN

Our Stories

Ben Hughes has educated and entertained tens of thousands of people in his nearly 30 years in the wine industry.

Ben initiated the first Men's Table in 2011. He was diagnosed with adult ADHD late in life which enabled him to make sense of what had gone before; a thousand great projects with no completion. In 2019 he co-founded The Men's Table organisation.



David Pointon owned and ran a management consultancy for 25 years, facilitating organisational change projects to large corporates, NGO's and Govt in education, banking & finance, insurance, pharmaceutical and many other sectors.

Growing up, he felt unable to express himself openly with other men. Sitting at a Men's Table for 9 years has transformed the way he relates with other men. In 2019 he co-founded The Men's Table organisation.



— Webinars and Speaking —

The co-founders of The Men's Table, Ben and David, are now available to deliver webinars and keynote presentations to your organisation and audience.

The first Men's Table was established in 2011. Since 2019 this simple, accessible and proven model has been taken to the Australian community with 20 Tables now established. The Men's Table is a fast growing registered charity supporting preventative men's mental health.

In partnership with The National Mental Health Commission, we investigated the evidence behind men's social isolation and loneliness, lack of meaningful friendships, help seeking reticence and the stigma of outdated male norms and how these issues can be addressed.

Ben and David bring a fresh, energetic, and real world storytelling approach to the issues and opportunities associated with men's mental health and community building. Women strongly engage and relate with their stories and are big supporters of men having safe spaces to share feelings and connect authentically with other men.



Topics

Men's Work = Leadership EQ

The personal work
with professional
impact

At the Heart of Man

What good men feel
but struggle to say

In The Vault

Providing the
key to unlock
men's stories

Medicine for men

Exploring the #1
antidote to the men's
mental health crisis



Show reel



References

“The Men’s Table delivered a webinar during Men’s Health week to NSW Ambulance staff. It was a great way to include employees spread across NSW and we have received numerous positive comments on the webinar and a number of staff were keen to get involved with a Table. It was a pleasure to work with Ben and David and I have no hesitation in recommending The Men’s Table to any organisation looking to improve the support offerings to their employees.”

**Richard High, Health and Fitness,
NSW Ambulance**

“I had the pleasure of seeing David Pointon and Ben Hughes speak with passion and knowledge of men’s mental health at the WayAhead Workplaces Member Forum in late 2019. They fully engaged their corporate audience of 80 people, sharing their own personal experiences openly and effectively with an audience of strangers.”

**Liz Priestley, CEO,
Way Ahead**

“Thank you so much for this very insightful discussion – I certainly took key things away and shared what you spoke about during my team meeting the same afternoon - Narelle

I thought the session was great. Most of my direct reports are male and I will absolutely be talking to them about your presentation.. As men and as managers, it is really easy for them to be so busy looking after others that they forget about their own mental health. A great initiative - Antonia

Great session Ben and David! Looking forward to more great discussions with The Men’s Table - Geraldine

**Geraldine King, Workplace Health, Safety & Wellbeing
manager, Citi**



Fees and logistics

Donation guide

Tax deductible donations are sought for these services. A guide to donation amounts is:

- Webinars;
 - 30 - 45 min @ \$1,750
- Keynote:
 - 20 - 40 min @ \$4,000

AV Needs

- Webinars;
 - Zoom, Webex, Teams
- Keynote:
 - Lapel mics x 2
 - AV + screen
 - Theatre or banquet style



Men don't do self care



David Pointon

Co-founder

A lot of men put, I think, all of the other people



Does your man need a nudge?



Ben Hughes
Co-founder of The Men's Table
who would most benefit from the Men's table community





www.themenstable.org

1800 MENS TABLE

