T&T Business Etiquette and Protocol Specialists Limited

Theme: “The Resilient Man: Behind the Hustle of Work & Life”

Frequently Asked Questions (FAQs)

1. **What is the purpose of the Men’s Mental Health Conference?**

This conference aims to raise awareness about the importance of men’s mental health and create a space for meaningful conversations surrounding stress, emotional wellbeing, resilience, and personal growth. It also seeks to reduce the stigma around men seeking support.

2. **Why is men’s mental health such an important issue right now in Trinidad and Tobago?**

Many men are facing increasing pressures related to work, finances, family responsibilities, and societal expectations. Unfortunately, many suffer in silence, which can lead to burnout, depression, substance abuse, emotional isolation, and broken relationships. This conference encourages healthier conversations and coping strategies for men.

3. **What does the theme “The Resilient Man: Behind the Hustle of Work & Life” mean?**

The theme recognizes that many men appear strong outwardly while quietly dealing with personal and emotional pressures. The conference highlights the importance of resilience, emotional wellness, self-awareness, and knowing when to seek support.

4. **What are some signs that a man may be struggling mentally or emotionally?**

Common signs may include withdrawal, irritability, exhaustion, emotional distance, overworking, substance abuse, loss of motivation, or changes in sleep and mood. Many men do not openly express their struggles, so behavioral changes are important to notice.

5. **Why do many men avoid seeking help**?

Many men are raised to believe they must always appear strong and handle problems alone. Fear of judgment or appearing vulnerable often prevents men from speaking openly about emotional or mental struggles.

6. What can persons expect at the conference?

Attendees can expect engaging discussions on emotional wellness, resilience, stress management, relationships, and the pressures men face today. The conference will also provide a professional, welcoming atmosphere with excellent meals, self-care packages, relaxing massages, a healthy drinks bar, and giveaway gifts.

7. **Who are the featured speakers**?

The conference will feature international speakers Mr. Lyndon Mitchell, Organizational Psychologist, and Professor Drew Lefmann, Counselling Psychologist from the United States. Both speakers bring extensive experience and practical insight into mental health, resilience, leadership, and personal development.

8. **Is the conference only for men**?

Yes, the conference is specifically designed to address men's mental health and emotional wellbeing. However, women are encouraged to support the initiative by encouraging the men in their lives to attend.

9. **What message would you give to a man who may be struggling**?

You do not have to carry every burden alone. Seeking support is not a sign of weakness — it is a sign of strength, courage, and self-awareness.

10. **How can persons register or get more information**?

Persons can visit www.ttbepsevents.com for registration, speaker information, and conference details. Early registration is encouraged.

11. What is the registration cost?

The registration fee is TT$900.00 per participant. Discounts are available for groups of three (3) or more.