

THE INTERNATIONAL MEN'S DAY SUMMIT

by Moving Ahead / 2021



Celebrating gender equity, inclusion for all, and men as agents of change.



THE INTERNATIONAL
MEN'S DAY SUMMIT
By Moving Ahead



MOVING AHEAD

Share your involvement

Please join us in sharing this International Men's Day celebration on social media.



You can find sample tweets and downloadable PNGs on our website [here](#) ▶

Twitter:

@MovingAheadOrg

#IMD21

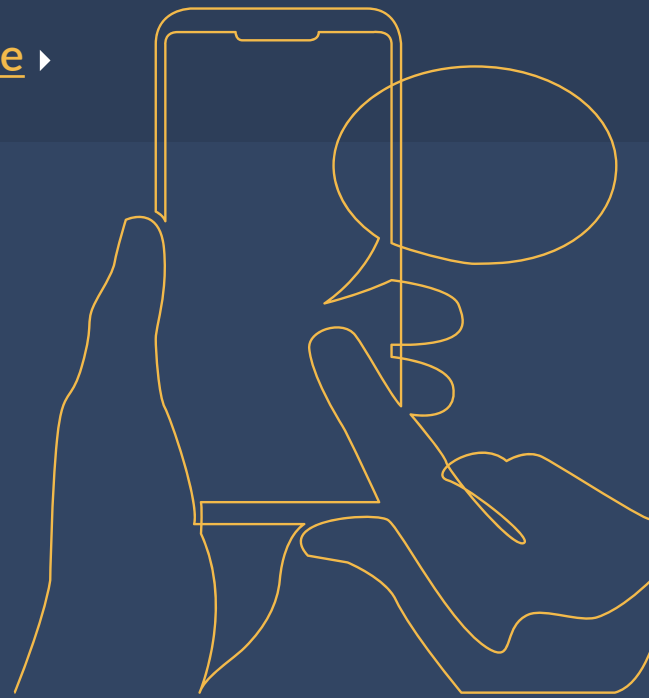
#InternationalMensDay

Instagram:

@_movingahead

#IMD21

#InternationalMensDay



“I have not thought before about companies and how they can support men to take an active part in childcare, and how that affects women's position in the workplace. I will be investigating how I can support that.”

IMD 2020 attendee

“It was a breath of fresh air. I never knew about International Men's Day and I hope to be part of the International Women's Day and the gender diversity seminars in the future.”

IMD 2020 attendee



“ One of the things we need to grapple with when it comes to inequality is to get away from this damaging idea that in order for some of us to go up the ladder, it must follow that others have to come down. ”

Hashi Mohamed

Barrister, broadcaster, commentator, thought leader

International Men's Day Summit 2020

Contents

Running order	3
Welcome from Liz Dimmock	4
Your Summit speakers	5
Your Summit host	10
Our 2021 speakers #positiverolemodelsformen	11
The film collection	12
The Summit Series 2021-22	13
The power of stories	14

“ The brighter the light,
the darker the shadow. ”

Geoff MacDonald

Former Global VP of Human Resources for Unilever,
global mental health campaigner

International Men's Day Summit 2020



International Men's Day Summit: **running order**

Friday 19th November

First showing: **10.00 – 13.00 GMT**

Second showing: **18.00 – 21.00 GMT**

As the event is live all timings are approximate. If there is a speaker that you particularly want to see, we recommend joining ten minutes before their allotted time.

10.05 | 18.05 GMT



Liz Dimmock

International Men's Day Summit Welcome

CEO and founder of Moving Ahead

10.10 | 18.10 GMT



Kay Adekunle Rufai

The radical act of daring to be free

Artist and mental health researcher

10.20 | 18.20 GMT



John Amaechi OBE

Inclusion in the workplace

Organisational psychologist, bestselling New York Times author and former NBA player

10.40 | 18.40 GMT



Michael McGrath

The yellow front door: a story of resilience

Speaker, charity founder and CEO, record-breaking polar adventurer

10.55 | 18.55 GMT



Rachel Vecht

The future for employees with caring responsibilities with special live Q&A

Teacher, parent educator and advocate for inclusive family-friendly workplace cultures

11.20 | 19.20 GMT

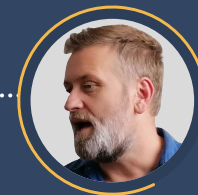


Satish Kumar

New leadership for a new world

Philosopher and author

11.35 | 19.35 GMT



Barra Fitzgibbon

Vulnerability and embracing person-centred conversations

Broadcaster, TV host and conversational specialist

11.50 | 19.50 GMT



Sharath Jeevan

Creating 'nurture for all' work cultures

Author and global motivation expert

12.00 | 20.00 GMT



Iman Amrani

Reflections from the series 'Modern Masculinity'

Journalist, producer, writer and host

12.10 | 20.10 GMT



Jamie Catto

Playing from a full deck: integrating masculine and feminine into everyday life with special live Q&A

Musician, film-maker, creative catalyst

12.40 | 20.40 GMT



Alex Staniforth

Running on empty: one small step beyond burnout

Adventurer, ultra-endurance athlete, motivational speaker, author and charity founder

TIME CONVERTER 10:00 GMT | 5:00 EST | 6:00 AST | 7:00 ART | 11:00 CET | GST 14:00 | 15:30 IST | 18:00 HKT
18:00 GMT | 5:00 AEDT | 13:00 EST | 14:00 AST | 15:00 ART | 19:00 CET | GST 22:00 | 23:30 IST



THE INTERNATIONAL
MEN'S DAY SUMMIT

By Moving Ahead



WELCOME,

to our annual International Men's Day Summit

“ The first International Men's Day took place more than two decades ago, yet in 2021 we're still surrounded by so many clichés of what it means to be a man or 'manly'. Despite huge awareness campaigns on physical and mental health, parenting and career opportunities outside of traditional norms, many men and companies don't feel comfortable discussing these challenges or the solutions.

At Moving Ahead, we believe that inclusive organisations bring everyone into the conversation. For example, if you're encouraging more representation of women at senior levels, then men need to understand the benefits this brings to them, the company and society.

Lockdown gave many fathers the opportunity to eat dinner with their children on a weekday for the first time. Despite calls for 'a return to the office', many men now insist on greater work-life balance. They want to work from home a few times a week with time in their diaries to be at the school gates for the afternoon pick-up.

The wider benefits are obvious: think of junior colleagues previously indoctrinated into a culture of presenteeism or women who'd passed up opportunities for promotion because of inflexible working practices.

Today we'll hear from Rachel Vecht on how caring responsibilities impacts us all, while award-winning journalist Iman Amrani will be sharing her reflections on how we define masculinity. And as we reflect on how we can role model, John Amaechi will advocate for inclusion in the workplace.

Changing HR policies isn't always easy, so I urge you to listen Alex Staniforth's and Michael McGrath's talks on how they've both overcome enormous personal challenges and built resilience from them. Hopefully they will help us all focus our minds.

Enjoy the Summit!



Liz Dimmock,

Founder and CEO, Moving Ahead

YOUR SUMMIT SPEAKERS

JOHN AMAECHI OBE

Inclusion in the workplace

John Amaechi is a respected organisational psychologist, an OBE, Chartered Scientist, elected Fellow of the Royal Society for Public Health, best-selling New York Times author, Research Fellow at the University of East London, and Founder of APS. John is a mentor to many, teacher to some, and always using his deep psychological insight combined with real life experience to provide a touchstone for people and companies who want to thrive, achieve and align their beliefs, values and ethics.

“ We have got to reframe inclusion so that people understand that everyone benefits. ”



John Amaechi OBE

Organisational psychologist,
best-selling New York Times
author and former NBA player

IMAN AMRANI

Reflections from the series 'Modern Masculinity'

Iman is an award winning journalist who has worked for the Guardian and other publications covering news stories such as terrorism, youth violence and Grenfell as well as sport, culture and opinion. Her YouTube series Modern Masculinity takes a look at the issues affecting men today and addresses everything from circumcision to pornography and UFC. It aims to hear from voices that aren't often heard in the corridors of media and politics. It was nominated for an RTS journalism award in 2020 and won a Webby in 2021.

“ Real change happens when we cross bridges into unfamiliar territory and exchange ideas with people who don't share our background. ”



Iman Amrani

Journalist, producer,
writer and host

JAMIE CATTO

Playing from a full deck: integrating masculine and feminine into everyday life

Jamie Catto is founder of super group FAITHLESS and creator of double-Grammy nominated 1 Giant Leap. He is also an author, film maker and musician and runs transformational workshops and events to facilitate the journey to become more real, more fallible, more tender and more intimate and reclaim the “treasure” we have edited into the shadows. His mission is to create a world where we all lighten up and enjoy the unpredictable human path together with humour, playfulness and a healthy dose of irreverence. He facilitates these professional, personal and creative breakthroughs by drawing from his own processes in ground-breaking film production, philosophy voyages and his music career. Evolution and enlightenment happen a lot quicker and easier when we treat the whole process as entertainment.

“ We can all be more inclusive with our own less immediately ‘successful’ qualities - to welcome and integrate the parts within ourselves that we have disowned and made unwelcome. ”



Jamie Catto

Musician, film-maker,
creative catalyst

BARRA FITZGIBBON

Vulnerability and embracing person-centred conversations

Dublin born Barra trained as a lawyer honing his speaking skills in the courtroom. Barra enjoyed working with his voice. He moved to London to become a voice over artist for Channel 4, OK Magazine, Paco Rabanne, 20th Century Fox, and Sony Pictures. Barra had a family and as his kids grew, the challenge of having better conversations raised its head. Through this experience Barra threw himself into researching how to engage in better conversations, his results were immediate and relationships blossomed. In 2020, Barra caught Covid and everything crystallised. From his bed in ICU, the value of healthy conversations was a key factor in his recovery and the reason why he changed his career. Barra now works with the NHS, individuals, wider organisations, and in Higher Education, extolling the benefits of better conversations, from career progression to the warmth of simple human connection.

“ We are the consequence of the conversations we have in our waking day. They define us. Once person-centred conversations become a worldwide common occurrence, fairness and equity will follow because those conversations intend to maximise every living soul on the planet. ”



Barra Fitzgibbon

Broadcaster, TV host and
conversational specialist

SHARATH JEEVAN



Sharath Jeevan

Author and
global motivation expert

Creating 'nurture for all' work cultures

Sharath Jeevan is one of the world's leading experts on reigniting our inner drive (intrinsic motivation). Sharath supports organisations all around the world to solve deep motivational challenges, from governments to leading UK universities and high-profile corporations. His work has been featured in the Telegraph, the New York Times and the Economist. Sharath holds degrees from Cambridge University, Oxford University and INSEAD. His first book 'Intrinsic' takes readers on a journey around the world to find practical and inspirational answers to solving our motivational crisis, by harnessing ground-breaking research from psychology and economics to philosophy and behavioural science.

“ I envision a world where the motivation and talents of all – irrespective of background – can be recognised and nurtured, not just for a few. ”

SATISH KUMAR



Satish Kumar

Philosopher and author

New leadership for a new world

Satish Kumar is a former Jain monk. He walked 8,000 miles from New Delhi to Washington for peace. He is author of ten books including Elegant Simplicity and Soil, Soul, Society. He is the Founder of Schumacher College and Editor Emeritus of Resurgence and Ecologist. He is a life long activist for a just, fair and sustainable world.

“ True leadership is focused on inspiration, motivation and right action. We can all be leaders. All we have to do is wake up, stand up, live and act. ”

MICHAEL MCGRATH

The yellow front door: a story of resilience

The first disabled person to have led expeditions to the North (2002) and South (2004) Poles – Michael has Muscular Dystrophy. A speaker, he is also the founder and CEO of multi-award winning charity The Muscle Help Foundation. In 2004, the Queen recognised his 'contribution to national life'; he was included in the Christmas Day broadcast reinforcing diversity as a strength. Michael proudly carried the Paralympic Torch in 2012 and he was listed four consecutive times in the Power 100 as one of Britain's most influential people with a disability. In recognition of his motivational and inspirational work for persons with a disability, Michael was awarded an Honorary Doctor of Arts (University of Hertfordshire) in 2018. He was appointed to represent the Crown as a Deputy Lieutenant (DL) in his home county of Hertfordshire in 2019.

“ I want to see a world where people of all abilities are heard, understood and included in the conversation. If our world is truly to be ignited by diversity, we must work together even more, we must listen a whole lot better, we must be more accepting. ”



Michael McGrath

Speaker,
charity founder and CEO,
record-breaking polar adventurer

KAY RUFAI

The radical act of daring to be free

Kay Adekunle Rufai is a photographer, poet, filmmaker, mental health researcher, and the first national Artist In Residence for the West Midlands Police. His work spans the past 5 years in a handful of countries including the UK, USA, Ethiopia, Bhutan, Germany, Scandinavia, Mexico, Nigeria and Colombia. He has spent the past three years exploring the public health approach to violence reduction, mental health, masculinity and community cohesion through art, photography, educational workshops and public speaking. A great deal of his work has directly engaged diverse communities, minority groups, incarcerated young people, gang members, refugee and displaced groups of people as well as collaboratively creating bodies of work with them. Kay Rufai has been featured in the Guardian, The BBC, Channel 5 News and various national publications.

“ Gender equality is important for both men and women because patriarchy benefits no one. The sooner men realise this and actively work towards dismantling it, the freer we will all be. ”



Kay Rufai

Artist and mental health
researcher

ALEX STANIFORTH

Running on empty: one small step beyond burnout

Alex Staniforth is no stranger to adversity. At just 26 he has already survived the two biggest disasters in Mount Everest history, authored two books and raised over £100,000 for charities - all after overcoming epilepsy, stammering, mental ill health and bullying in childhood. Alex is the fastest person ever to climb all 100 UK county tops by human power and is the founder of Mind Over Mountains, a charity to restore mental well-being through nature. In 2020 he ran the National Three Peaks - running Ben Nevis, Scafell Pike and Snowdon, and 452 miles between in nine days. Why settle for Base Camp?

“ We're much stronger together. Equality allows everyone to feel valued and utilise their individual energies and talents for the benefit of everyone. ”



Alex Staniforth

Adventurer, ultra-endurance athlete, motivational speaker, author and charity founder

RACHEL VECHT

The future for employees with caring responsibilities

Rachel engages and supports employees to successfully integrate work and family, to feel productive, empowered and motivated (with a focus on parents and carers). She has spoken to tens of thousands globally across a broad range of sectors. Rachel draws on her experience as a school teacher and being a mother to four children. Her practical, realistic guidance has been described as 'life changing'. Being a parent is probably the hardest job in the world with the least amount of training! Outside the workplace she speaks in schools, creates online parenting courses, provides one-to-one consultations globally and regularly contributes to panels and blogs.

“ My number one piece of advice is not to make any assumptions or expectations about what other people may want or need. Always be open minded, empathetic and communicative: seek first to listen and understand. ”

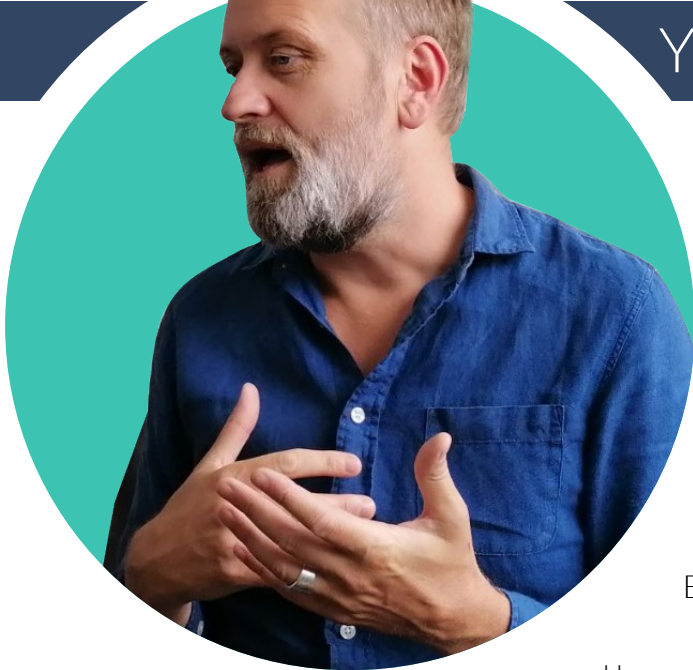


Rachel Vecht

Teacher, parent educator and advocate for inclusive family-friendly workplace cultures

BARRA FITZGIBBON

YOUR SUMMIT **HOST**



Barra Fitzgibbon

Broadcaster, TV host and conversational specialist

Dublin born Barra trained as a lawyer honing his speaking skills in the courtroom. Barra enjoyed working with his voice.

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HOW CAN WE PROMOTE POSITIVE ROLE MODELS FOR MEN?



Being a good role model is being conscious of the impact and influence of what you say, how you behave and how you make people feel.

RACHEL VECHT



By being vulnerable in front of our sons and nephews and male colleagues and male friends. Not by preaching it, by being it.

BARRA FITZGIBBON



A role model means being the same person in your work and your personal life. It means being deeply motivated yourself as well as inspiring others to be motivated.

SHARATH JEEVAN



We can promote positive role models for men by dissolving the outdated cultural norms of always having to look strong, hide vulnerability, be a 'winner'.

JAMIE CATTO



Men who practice humility and courage inspire others. Examples speak louder than the words.

SATISH KUMAR



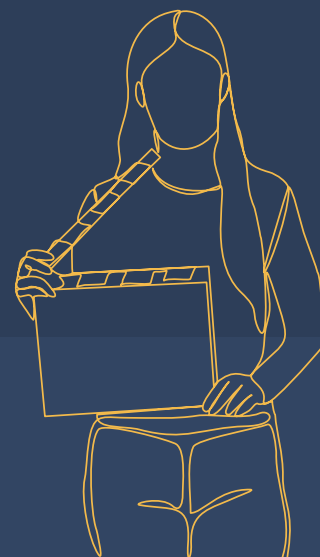
Holding oneself to account, being grounded, leading by example and being able to listen and respond thoughtfully. Maintaining a sense of selflessness and humility.

MICHAEL MCGRATH



SHARE THE FULL FILM COLLECTION WITH YOUR ORGANISATION

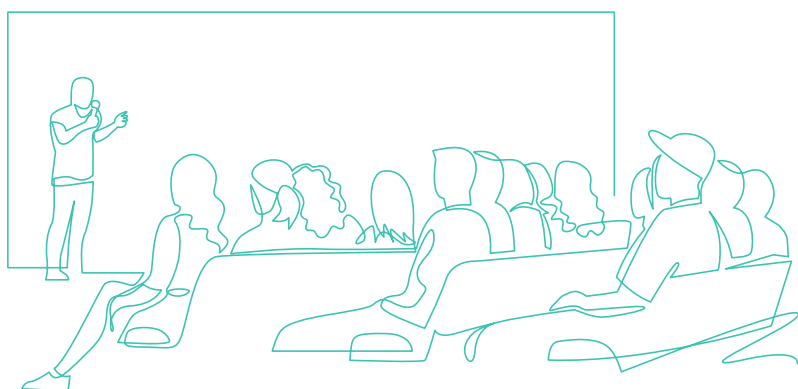
Organisations tell us that they are continually looking for engaging and inclusive stories and insights for their colleagues to gain inspiration, learning and connection. We have just that.



If you don't already have access to the digital content from the International Men's Day Summit, you still have time to purchase the full collection.

Through this you will get:

- ▶ Organisation-wide access to the live Summit throughout International Men's Day
- ▶ Access to the Summit content all year round. You can use the film collection for network events, training or celebrating key international awareness days. For example, in previous years Ruby Wax's keynote has been shared in Mental Health Awareness Week, and Caroline Casey's on International Day of People with Disabilities.



How will you receive the films?

It's up to you. You can access the films via our website using a password, share a link and password to our Summit Series webpage on your internal platform or intranet, or you can licence the video and upload it to your internal platform or intranet. We will also share an Activation Toolkit, to support you in using the films.

To secure digital access for your organisation please contact
Emily on summit@moving-ahead.org

The Summit Series: at a glance

How the Summit Series can help drive Equity,
Diversity and Inclusion within your organisation

 WATCH A FILM ABOUT THE SUMMIT SERIES ▶



Social inclusion activist, poet and former gang member,
Karl Lokko, at our 2019 event

What is the Summit Series?

The Summit Series events are three, large-scale, TED-style speaker events hosted by social impact organisation Moving Ahead. Taking place every year at three landmark events (International Women's Day, Inclusion Week, and International Men's Day), speakers at our Summits have included Dame Kelly Holmes, Ruby Wax, Karl Lokko, Dame Stephanie Shirley, and more. The content from our Summit Series reaches hundreds of thousands of people worldwide.

How can the Summit Series help my organisation's EDI strategy?

Hosting three Summits a year (with more than 20 speakers at each Summit) means Moving Ahead has built an impressive film archive of talks and performances. These videos would make ideal content for networking groups, and for screening at events, particularly to honour EDI celebrations such as International Women's Day, Black History Month, Pride, and Transgender Awareness Week. It's an opportunity to share enlightening stories and insights, and to give teams/colleagues an opportunity to be inspired by some truly world-class storytellers and experts. The lessons and learnings from our videos can not only engage people with EDI issues within the workplace, but also in their personal lives too.

“ To be a good man is to know that your voice matters,
but that everyone else's voice matters equally ”

Jake Graf, transgender activist/author



THE GENDER
BALANCE SUMMIT
By Moving Ahead

8 March 2022

Event: International Women's Day



THE INCLUSION &
DIVERSITY SUMMIT
By Moving Ahead

26 September – 2 October 2022

Event: Inclusion Week



THE INTERNATIONAL
MEN'S DAY SUMMIT
By Moving Ahead

18 November 2022

Event: International Men's Day

THE POWER OF STORIES

At Moving Ahead, we believe in the power of stories. Stories inspire and connect; they create learning and they foster inclusion.

Our world-class Speaker Academy is formed of storytellers and subject-matter experts from sport, academia, business and government, offering unique insights into subjects ranging from high-performance psychology to resilience.



If you would like to book one of our speakers, including those featured in this event such as [John Amaechi OBE](#), [Jamie Catto](#) or [Satish Kumar](#), please contact speakers@moving-ahead.org.

THANK YOU
for celebrating
International Men's Day with us

#IMD21

#InternationalMensDay



We extend a huge thank you to all of our speakers



MOVING AHEAD