



MEN – Meeting & Event Network (Men)

An overview

The live events, experiential and communications industry is fast-moving, high-pressure and deeply people-driven.

It attracts driven, creative, ambitious individuals who are used to long hours, constant deadlines, public scrutiny and high expectations whilst often carrying significant responsibility for teams, clients, budgets and outcomes.

From the outside, it can look confident and energising.

From the inside, it can be isolating, exhausting and emotionally demanding.

MEN – Meeting & Event Network (Men) was created in response to that reality.

MEN is a confidential, professionally supported network for men working across the events, experiential and MICE industry. Its purpose is simple: to provide a safe, non-judgemental space where men can talk openly about the pressures of work and life, be listened to properly, and realise they are not alone.

MEN exists because too many men in our industry are carrying things quietly like stress, anxiety, burnout, addiction, identity issues, leadership pressure, loneliness and often whilst being seen as successful, capable and “fine” on the surface.

Why MEN exists

In this industry, men are often expected to be resilient, dependable and in control. Many are in leadership roles where others rely on them, and where vulnerability can feel risky or inappropriate.

MEN was created after countless quiet, unexpected conversations with men across the industry, founders, directors, freelancers, technicians, producers, who shared similar experiences behind closed doors, often with a sense of relief at finally being able to say them out loud.

The need was obvious: a space to talk, without judgement, labels or bravado.

What MEN is (and isn't)

MEN is built around **conversation**, not solutions.

Each session is designed to feel calm, grounded and supportive. Discussions are facilitated and co-hosted with a trained therapist to ensure the environment is safe, structured and appropriately held.

You do not need to prepare anything.

You do not need to speak if you don't want to.

You do not need to have the “right words”.

Listening is just as valid as talking.



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MEN is deliberately not positioned as a mental health intervention or a crisis service. It does not replace therapy, counselling or professional support where that is needed. Instead, it sits alongside those options, offering connection, perspective and shared understanding within an industry-specific context.

Importantly, MEN is not about comparing struggles or ranking problems. Everyone's experience is different, and all are treated with the same respect.

Who MEN is for

MEN is open to men (and those who identify as male), working across the live events, MICE and experiential ecosystem, including but not limited to:

Career stage, job title and seniority are intentionally irrelevant. What matters is a willingness to show up and engage respectfully.

All are welcome.

How MEN works

Sessions are held quarterly and are confidential and guided, with clear boundaries around respect, discretion and psychological safety. The aim is to create an environment where people feel able to speak honestly without fear of judgement, exposure or professional consequence.

MEN does not promise transformation overnight. What it offers is something quieter, but often more powerful: connection, normalisation and the reassurance that what you're experiencing is not unique or shameful.

How MEN sessions are structured

MEN sessions take place in person, in small, considered groups, and run for a couple of hours. They are intentionally designed to feel human, grounded and unforced.

Each session is set up as a talking circle, moderated by a trained mental-health professional alongside the MEN facilitators. The role of the moderator is not to diagnose, direct or "fix", but to ensure the space is safe, respectful and properly held for everyone in the room.

Everything shared within a MEN session is treated with complete confidence. What is said in the room stays in the room. This is non-negotiable and fundamental to how MEN operates.

There is **no pressure to speak**.

There is no expectation to share personal details, relive experiences or put words to things you're not ready to articulate.

MEN recognises that for many men, simply hearing others speak and recognising parts of themselves in those stories can be powerful in itself.

Sessions are lightly guided rather than tightly structured. Topics often emerge organically from the group, shaped by what people are actually dealing with at that moment rather than a fixed agenda.



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The trained moderator helps keep the conversation balanced, ensures no one voice dominates, and steps in only when needed to maintain psychological safety and respect.

Why this matters now

The industry has changed significantly in recent years. Hybrid working, commercial pressure, consolidation, public scrutiny and constant comparison have all intensified the emotional load on individuals, particularly those in visible or responsible roles.

At the same time, many of the informal support structures men once relied on have disappeared.

MEN exists to rebuild a sense of community that allows honesty without performance.

MEN is a reminder that you don't have to carry everything on your own.

Who is behind MEN

Co-founders

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