Men’s Wellbeing – Living Longer, Living Better

Understand how small, consistent lifestyle changes can make a big difference to long-term health, energy and quality of life.

Format
On-demand video

Video Duration
21 mins

Audience
All employees

Facilitated by
Irish Life Wellbeing Consultants

Take a step towards a healthier future today.

BOOK NOW

Programme highlights

1. Exploring lifestyle change and why it matters for long-term health.
2. The link between everyday habits and men's health risks like heart disease and cancer.
3. Key areas of focus: nutrition, movement, sleep and regular check-ups.
4. The importance of “knowing your numbers” (i.e. blood pressure, cholesterol).
5. Simple, practical actions to support healthier habits over time.

Employee impact

1. Improve awareness of preventable health risks.
2. Build confidence in making sustainable lifestyle changes.
3. Understand the value of small, consistent habits.
4. Feel empowered to take proactive steps for long-term health.
5. Increase engagement with preventative health supports (i.e. GP check-ups).



Who is this for?

All employees who want to take a proactive approach to their health and wellbeing, with practical guidance on building sustainable habits that support long-term health.

Invest in wellbeing. See the difference

Supporting employees creates healthier teams, stronger engagement and a more inclusive workplace.