



MEN HAVE SKIN TOO

A SELF CARE PRESENTATION FOR MEN

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**WELCOME TO
MEN HAVE SKIN TOO**

**AN INTERACTIVE 2 PART PRESENTATION WITH
JEANNETTE SINGER-GOLDBERG**

INCLUDING:

**i. A DISCUSSION ABOUT THE IMPORTANCE OF
SELF CARE FOR MEN'S HEALTH & WELLBEING**

**ii. A FUN & PRACTICAL SELF CARE SEGMENT
FOCUSING ON SKIN CARE – USING
RODAN+FIELDS, THE #1 SELLING SKIN CARE
PRODUCTS IN THE USA & CANADA FOR TREATING
SUN DAMAGE, WRINKLES, PREMATURE AGING,
SENSITIVE SKIN, IRRITATIONS, PIGMENTATION +
MORE**



MEN'S HEALTH ISSUES & SELF CARE RITUALS ARE OBVIOUS TOPICS FOR DISCUSSION – BUT WHY SKIN CARE?

When feeling into designing a workshop for men I started by thinking of the times I've experienced men most commonly express their tenderness ...

It came to me that one moment is when he's just finished shaving and he is assessing the finesse of his handy work – he looks himself in the eyes and touches his face so tenderly and confirms a job well done with a nod to his inner self. He relishes the feeling of his smooth shaven skin ...

But then back off he goes to being the tough guy again for the rest of the day ...

I've also felt many men drop their guard and surrender to their tenderness during a facial and that's when the aha moment struck that Skin Care just might be an excellent topic to support men to re-connect to their innate caring, tender selves and to encourage them to develop this as their norm ...

MEN HAVE SKIN TOO ...

AND IT'S NOT JUST FOR SHAVING ...

IT'S TIME YOU LOVE THE SKIN YOU'RE IN ...





WHO IS JEANNETTE SINGER – GOLDBERG?



I am a family counsellor & Executive Skin Care Consultant. The MEN HAVE SKIN TOO workshop was inspired by my deep concern for the declining health & general wellbeing of men, both locally and globally. Thankfully they have begun, but we definitely need to spark more conversations that inspire men to express their feelings, seek help when needed and to care for themselves as much as we know they can care for others.

As a woman, mother, counsellor and carer of young children I felt the longing to do something positive, practical and encouraging for men and to help shift what they are role modelling to our younger generations of boys.

I wanted to help the long-term damaging cyclic impacts of the well known 'Boys Don't Cry' syndrome in a profound, inspiring and healing, yet at the same time a light-hearted and fun way

AND SO THE MEN HAVE SKIN TOO WORKSHOPS WERE BORN



Part 1: WE WILL DISCUSS

- The Increase in Men's Health Issues – statistics on depression, cancer, heart disease etc
- The 'Boys Don't Cry' syndrome
- The importance of expressing your innermost thoughts & feelings
- Lifestyle risk factors to health & wellbeing
- The power of self-care in supporting physical, mental and emotional wellbeing
- What is self-care
- Common barriers to self-care

**SOME COMMON ISSUES
FOR MEN INCLUDE THE
FOLLOWING - BUT YOU
WILL BE ENCOURAGED TO
JOIN THE CONVERSATION
AND PRESENT YOUR OWN
CONCERNS FOR
DISCUSSION**

Expression & Communication
Anxiety
Depression
Isolation
Feeling useless
Separation & divorce
Employment & finance issues
Workplace challenges
Low self-esteem
Retirement



Part 2: A FUN & PRACTICAL SELF CARE SEGMENT FOCUSING ON CARING FOR YOUR SKIN

WE WILL DISCUSS

- Your individual skin concerns & learn how to treat them
For example: wrinkles, sun damage, dryness, premature aging, sensitive skin, irritations, pigmentation and more
- The importance of daily skin care rituals & what stops you from doing them

YOU WILL LEARN ABOUT RODAN+FIELDS SKIN CARE PRODUCTS

- You will be introduced to the top selling scientifically formulated skin treatments from the USA - RODAN+FIELDS (makers of Pro + Active)
- You will get to try the different range of products
- You will be given the opportunity to order individualised product regimes and consult with our affiliate skin experts at discounted rates

**WHY RODAN+FIELDS?
BECAUSE IT'S THE BEST
& YOU'RE WORTH IT!
#1 IN USA + CANADA**



WHAT IF 'MAN UP' MEANT TO SELF-LOVE, SELF-CARE AND EXPRESS YOUR THOUGHTS & FEELINGS?

"Men are brilliant, they can fix anything, come up with ingenious inventions and even carry each other through war to the death. But there is something missing that is crucial in their lives that keeps it all in balance – their innate ability to deeply care for themselves . . . not just care for others . . . but to care for them selves."

Dean Pirera, 2017, <http://www.unimedliving.com/men-s-health/starting-the-conversation/boys-don-t-cry-men-in-crisis.html>

It is with great pleasure I invite you to join me for an interesting chat about men's health and wellbeing, an exploration into the power of self-care plus a good look in the mirror to start, or perhaps continue, your journey back to the tenderness, care and love that you naturally are and perhaps even remember feeling as a boy ...

DURATION: 1-1.5 HOURS depending on numbers

BOOKINGS ESSENTIAL

COST: FREE

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