Let's Rethink Masculinities

Through our Sports Project, we help prepare athletes for the social and mental pressures that come with playing competitive or elite sport, whilst giving them the tools to have a more positive impact on their communities and the clubs they represent.

By using a person-centred approach, we believe that supporting an athlete’s progression ‘off the pitch’ will influence their ‘on-pitch’ development too.

Our program combines open facilitation with youth and adult athletes, alongside staff and coach training, to lay the foundations for sustainable change at both the individual and cultural level.

Beyond Equality engages men and boys in promoting gender equality, tackling sexual violence, building healthier relationships, improving mental wellbeing, and unpacking what masculinity and ‘being a man’ means today.

We have extensive experience delivering interactive, compassionate and transformative workshops, having worked with over 90,000+ men and boys in schools, colleges, universities, sports clubs, youth group and corporate settings since our launch in 2014.
Together We Can Explore

VALUES
Build awareness and understanding of important societal issues and create spaces for athletes to reflect upon their values and experiences, with the aim of building collective understanding and a closer team bond.

CULTURE
Create brave and compassionate team cultures of psychological safety, where trust and honesty are encouraged and diversity of experiences and voices are celebrated.

MASCULINITY
Give athletes a chance to explore what ‘being a man’ means for them, promoting a culture of allyship, active bystandership and accountability as role models both ‘on and off the pitch’.

PERFORMANCE
Cultivate a supportive environment where athletes can achieve their optimal performance, learn to navigate pressure and expectations, and where competition can thrive as a healthy team value.

CHANGE
Empower individuals and teams to continue exploring conversations around how masculinity influences values, team cultures and performance, while providing the foundational tools for greater resilience when faced with adversity.
Our Sports Workshops

Academy & Young Players
Three-part series exploring masculinities and gendered stereotypes, healthy relationships and consent, and creating supportive team environments. Content tailored to make sure that it is age appropriate. One-to-one mentoring options also available.

1 x 1-Hour Workshop
2 x 1-Hour Workshop
3 x 1-Hour Workshop

Adult Players
Unpack what it means to ‘be a man’ through interactive conversations and activities. Explore how pressures and expectations around masculinity shape attitudes and behaviours on and off the pitch.

1 Hour
2 Hours
Half-Day

Staff and Coaches
Foundations of working with young men and boys, equipping them with frameworks to understand the issues they face, and guide them towards preventative approaches to dealing with them. Tailored for the professional sport setting.

1 Hour
2 Hours
Half-Day
Parents, Guardians and Carers

Looking at the foundation of our approach to working with young men and boys, equipping parents and carers with frameworks to understand the experiences and issues faced by young men, and guiding them towards preventative approaches.

1 Hour

2 Hours

Youth, Community and Outreach Worker Training

For community outreach workers to create development training that is more inclusive, provides better support to young men, and contributes towards larger processes of gender justice, improved mental wellbeing & rethinking harmful masculinities.

2 Hours

Half-Day

Full-Day

Interactive Talk to Teams

Presentation on the realities, pressures and expectations faced by young men and boys, how this can be harmful for them & people of all genders, and how we can all play a role in unpacking these issues to create safer and more inclusive spaces where young athletes can flourish both individually and collectively.

1 Hour

*All of our Packages can be tailored to meet your need and budget. Please contact us to explore how we can best work together

** All athlete and staff workshops are capped at 25-participants. Interactive talks can be any size.

***All in-person delivery will be + Travel Expenses for BE facilitator(s)
Our Impact

“They took the challenge of training some of our most challenging age groups and produced sessions that were informative but more importantly full of energy.”
Southampton FC Academy

“The content delivered is inspiring, relevant and provides the players with useful strategies to help in their day to day and football life.”
Crystal Palace FC Academy

Case Study
Manchester City FC Academy

“The [player] feedback was very positive and indicated an increase in knowledge across the board. We will certainly be inviting them back.”

100% All the participants enjoyed the workshops and felt able to participate

95% The amount of participants who felt they would be able to deal with adversity more effectively

90% The amount of participants who believed they would be a better player because of the session
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