

MEN'S HEALTH & WELLBEING • CHILD & FAMILY WELLBEING

HEALTHY MASCULINITIES

AND THEIR IMPACT ON FAMILIES & CHILDREN

LUKE OGDEN • FATHER OF TWO, STEPFATHER TO THREE

15 MINUTES + 5 MINUTES Q&A



THE MEN'S TABLE
Strength To Care

THEMENSTABLE.ORG



A TABLE IS A PRACTICE GROUND
FOR RELATIONAL STRENGTH

LISTEN.
DON'T FIX.
SHOW UP AGAIN.

10-12 MEN • MONTHLY • PEER-LED • CONFIDENTIAL • ENDURING

NOT THERAPY, CRISIS RESPONSE OR A PERPETRATOR PROGRAM.



THE MEN'S TABLE
Strength To Care

PREVENTION + EARLIER HELP • SPECIALIST SERVICES LEAD CRISIS RESPONSE

HEALTHY MASCULINITY BECOMES VISIBLE IN PRACTICE

01

STRENGTH

TO BE VULNERABLE

02

LISTENING

AS PRESENCE

03

CARE

WITHOUT CONTROL

04

ROLEMODELLING

BY SHOWING UP



THE MEN'S TABLE
Strength To Care

ROLE MODELLING WAS THE DOMINANT THEME IN THE 2025-26 QUALITATIVE ANALYSIS

DEIDENTIFIED MEMBER ACCOUNT

“ABOUT THE TIME I JOINED,
I WAS SEPARATING FROM MY WIFE.

THE TABLE HELPED ME
BE A BETTER FATHER

through an incredibly hard time.”

Vulnerability did not weaken fatherhood. It helped steady it.



THE MEN'S TABLE
Strength To Care

2026 SURVEY RESPONSE • EDITED FOR LENGTH • PHOTOGRAPHY IS ILLUSTRATIVE

“TMT IS A PROGRAM
THAT WORKS.”

STRONG

QUALITATIVE FINDINGS

INCONCLUSIVE

STANDARDISED CHANGE

Independent validation - not causal proof.



THE MEN'S TABLE
Strength To Care

MIXED METHODS • 10 QUEENSLAND TABLES • FIRST 18 MONTHS • 12 INTERVIEWS

THE MOST TRANSFERABLE OUTCOME IS NOT TALKING. IT IS RELATING.

2026 SURVEY • 764 RESPONSES



THE MEN'S TABLE
Strength To Care

AGREE + STRONGLY AGREE • APPLICABLE RESPONDENTS • SELF-REPORTED • CROSS-SECTIONAL

THE RIPPLE REACHES HOME

SHARE OF CODED STORIES

171

FAMILY &
RELATIONSHIP
STORIES

56%

FAMILY / RELATIONSHIP IMPROVEMENT

45%

HEALTHIER ROLE MODELLING

34%

SUPPORT THROUGH HARDSHIP

28%

MORE OPENNESS AT HOME



THE MEN'S TABLE
Strength To Care

THEMES OVERLAP • MEMBER SELF-REPORT • BUILD ON THE 2023 PARTNER STUDY

LONGER TENURE, STRONGER RELATIONAL SIGNAL

	1-6 MONTHS		4+ YEARS	GAP
LISTEN TO A PARTNER	44%	→	83%	+39 pts
LISTEN TO CHILDREN	47%	→	80%	+33 pts
FAMILY RELATIONSHIPS IMPROVED	30%	→	59%	+29 pts
FRIENDS + COLLEAGUES OUTSIDE THE TABLE	38%	→	86%	+48 pts

29-48 POINTS HIGHER • A CONSISTENT SIGNAL AND A TESTABLE LONGITUDINAL HYPOTHESIS



THE MEN'S TABLE
Strength To Care

2026 SURVEY • CROSS-SECTIONAL ASSOCIATION, NOT CAUSAL PROOF • APPLICABLE RESPONDENTS

THE PEOPLE AROUND MEN SEE THE RIPPLE

PARTNER-OBSERVED RELATIONSHIP CHANGE

49%

OF ALL WOMEN



83%

AFTER 1+ YEAR

50%

MORE OPENNESS +
VULNERABILITY

30→43%

MORE EMOTIONALLY AVAILABLE
AFTER 1+ YEAR

24%

HEALTHIER FAMILY
RELATIONSHIPS

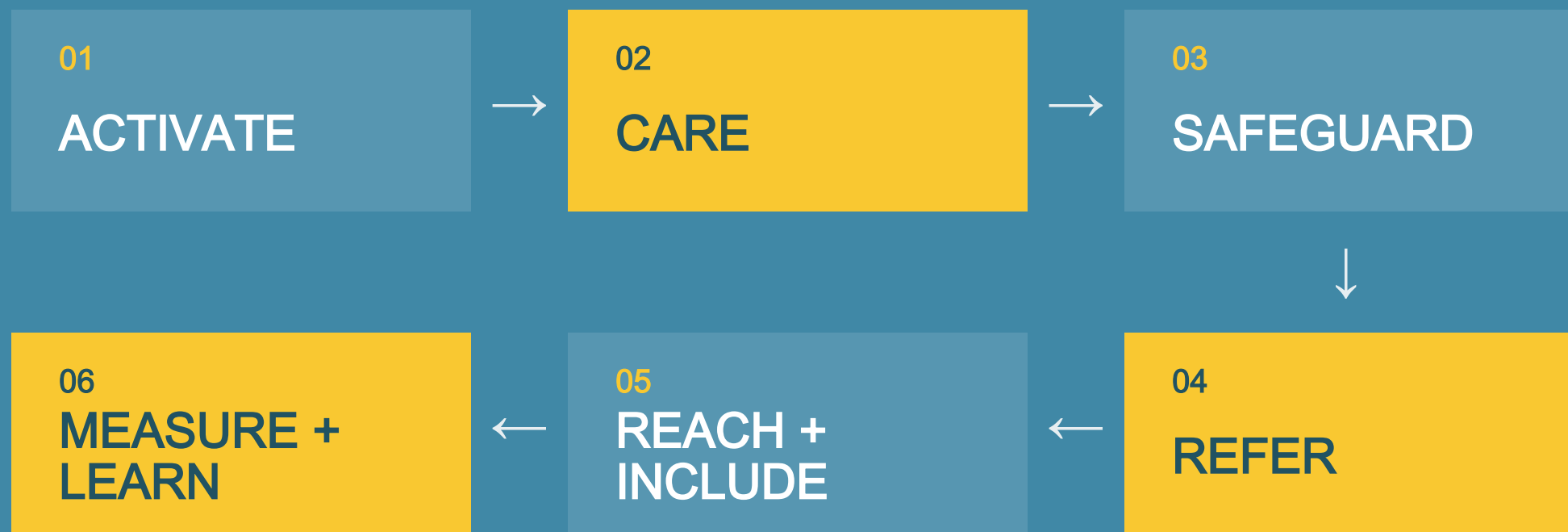


THE MEN'S TABLE
Strength To Care

92 WOMEN • 23 INTERVIEWS • SMALL, SELF-SELECTED • NEXT: LARGER + LONGITUDINAL + FAMILY-INCLUSIVE

FUND THE CONDITIONS, NOT JUST THE DINNER.

A DURABLE IMPACT PATHWAY



MULTI-YEAR SUPPORT • REFERRAL PATHWAYS • BUILD ON PARTNER EVIDENCE



THE MEN'S TABLE
Strength To Care

8 COMMISSIONED TABLES FORMED • 7 HEALTHY • 3 ADDITIONAL TABLES BEYOND SCOPE

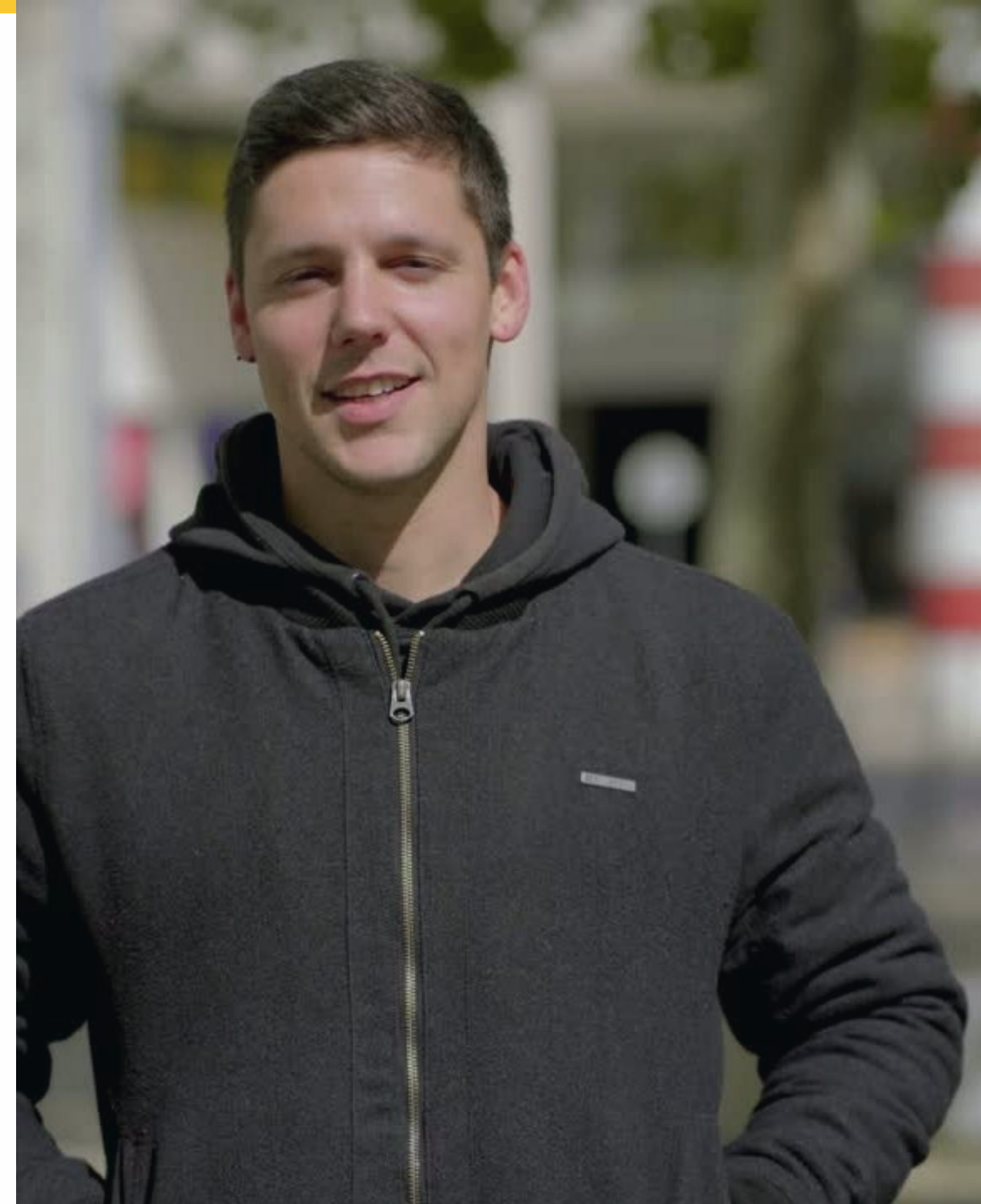
WHAT WOULD YOU TEST, FUND OR BUILD?

Five minutes. Let's make them useful.

- 01 WHAT SHOULD WE TEST NEXT?
- 02 WHERE COULD THIS COMPLEMENT YOUR WORK?
- 03 WHAT WOULD MAKE THIS INVESTMENT READY?



THE MEN'S TABLE
Strength To Care



HELLO@THEMENSTABLE.ORG • THEMENSTABLE.ORG