**Building Healthy Environments: Workplace – Josh Quarmby**

There are numerous settings that influence the overall health of men and boys. One of those is the workplace and according to Josh Quarmby, founder of Momentus, it is a crucial environment for promoting positive health.

“We spend so much of our time at work, and it impacts our health in so many ways as well. There are so many stresses that are linked back to the workplace”, Quarmby said.

“The last couple of years has really been a real eyeopener for businesses to recognize their role in supporting wellbeing of individuals. You have got a captive audience as well, that you can actually sit and have a discussion as teams (and) as businesses to talk about those issues and ways to address them as well”.

*Research suggests…(include notes about healthy environments)*

Whilst the past few years have reiterated the need for a healthy workplace environment, it has long been an area of interest for Quarmby. Having founded Momentus (originally Blokepedia) in 2017, an initiative he started after his lived experiences and the recognition of the gap in the service, Quarmby now designs and delivers transformative workplace programs that empower people to achieve their potential.

“The motivation for the focus on men's health initially came from my own experience and realizing there was not a huge range…of resources available around men's health and to navigate those challenges that we face as men. So I started off looking at ways to engage men when it comes to discussions around those issues and topics that impact their lives”, Quarmby said.

“We set about running events and programs to start those conversations. And then to, to importantly, give people some education and a skill set to address any challenges that they might be experiencing. Looking at ways to encourage help seeking behavior with guys to obviously reduce the amount of guys who were not reaching out for help when needed as well. That was pretty much the origins of it. And then it evolved to working alongside businesses and community groups”.

"We work with individuals, teams and businesses. Working with individuals for them to build up a skill set around self-leadership, working with teams to have conversations around the importance of social connection, compassion, teamwork, work, life balance, all those kind of topics. And then for businesses to realize, ‘how are we creating an environment that's healthy for, for men, boys and women alike?'

*Lead in sentence...Increased focus…opportunity to collaborate with the community in mind…*

“I think the biggest opportunity - and I think this goes for both men and women's health - and it's an opportunity that I think is being missed somewhat is involving each other in the conversation around it.

For there to be successful health outcomes in both those areas, we need to come together. I think we need to start merging and blending the two so we can actually help all work together for it. That's probably the big thing I see at the moment.”

*Overcoming barriers...*

“Look at creating an environment where men feel comfortable is a start and to speak in a way that people understand when it comes to health and wellbeing.

“The last two years, again, throughout this pandemic, we've seen the importance of social connection. So creating environments and groups where men can connect no matter where, whether it's in and outside of work, I think is important as well.”

*When asked about what is the greatest barrier/opportunity preventing men accessing health services?*

“Ultimately, it's probably ourselves. We think that we need to be this stoic individual that has all the answers and doesn't need to share the burden with anyone. But really, I think once you open that door and have a conversation, you'll be surprised at how many people open up.”