Women’s Role in Healthy Masculinity and Thriving Workplaces with Moe Carrick - Episode 386

In this Episode:

- What does healthy masculinity look like—and how can women help cultivate it in the workplace and beyond?
- Understand why supporting men’s emotional growth is essential for creating more balanced, inclusive environments where everyone thrives.
- Explore how women can foster open, authentic conversations that encourage vulnerability and emotional intelligence in leadership.
- Discover how validating men’s caregiving roles and encouraging balance in work and life contributes to greater equity at home and in the office.
- Learn why challenging outdated models of leadership—and embracing a more human-centered approach—creates stronger, more connected teams.
- Uncover how embracing a balance of masculine and feminine leadership traits leads to more resilient, compassionate, and effective leaders.
- Gain powerful insights into how women can influence positive change by advocating for emotionally healthy, high-performing workplace cultures.

Notable Quotes:

“Until we see men as competent caregivers and validate their need to be primary in their families emotionally the way women are, we won't get equity or equality at work.”

Pearls of Wisdom:

1. Remember your own enoughness.
2. Easy does it.
3. Just show up.

Resources:

Moe Carrick is a renowned workplace culture expert, leadership coach, and bestselling author. With over two decades of experience, she has helped major brands like Nike, Amazon, and Reddit build inclusive, innovative, and high-performing workplaces. Her award-winning frameworks reduce burnout, boost engagement, and drive results. A TEDx speaker and Thinkers 360 Award winner, Moe's insights on leadership and culture are sought after globally. She's the author of *Fit Matters*, *Brave Space Workplace*, and *When Work is Good*. Passionate about the outdoors, Moe lives in Bend, Oregon, with her husband, embracing adventure and lifelong learning.

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