

2017

THE
ManKind Project[®]
U S A

TRAINING CATALOG



Our Mission

The ManKind Project USA creates a world where men act on their individual and shared responsibility for the future of humanity by initiating and supporting men on a path of emotional maturity, spiritual awareness and deepening community.

What We Practice and Why

Emotional Authenticity – Because we believe in honesty and wholeness ... we practice emotional intelligence and self-awareness.

Personal Responsibility – Because we value integrity and accountability ... we take 100% responsibility for our feelings, and we own the impacts – both positive and negative – of our choices and actions.

Leadership Mastery – Because we believe that role models change lives ... we practice highly principled personal, interpersonal, and group leadership.

Empowered Mission – Because we value generosity, service, and connection to spirit ... we explore and live from our deepest purpose.

Supportive Community – Because we care for ourselves and the generations to come ... we create a place for men from all walks of life to learn and teach in a safe, respectful, challenging, and inclusive peer-network.

What We Value

Accountability • Authenticity • Integrity
Community • Service • Inclusivity

Our Courses

- 3** NWT A
New Warrior Training Adventure
- 5** IG - Integration Group
- 6** PIT - Primary Integration Group
- 7** IGFT - IG Facilitator Training
- 8** ST1 - Staff Training 1
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- 13** RISC - Relationship Intimacy
Sex Communication

More at
mkpusa.org/trainings/

New Warrior Training Adventure

The most recognized and respected modern initiation experience for men in the world. To date, over 60,000 men have attended this intense 48 hour experience. We conduct over 125 NWTAs per year, relying on local communities of men for support.



WHAT IS IT: The NWTA is a modern male initiation and self-examination. It is a REAL TIME hero's journey. It is the challenge of a lifetime for many men. It's safe, supportive and cutting edge. It is NOT a retreat, a conference or a workshop. It is NOT like anything you've done before. Many men rank this among the most powerful experiences of their lives.

WHAT YOU WILL GET: You'll get more than you're willing to hope for: purpose, passion, vibrancy, joy, healing, connection to self, new energy, clarity, power, freedom, understanding, brotherhood, trust. Over 60,000 men have now taken this journey, and every man's experience has been unique.

ABOUT THE NWTA: It's a life affirming event, honoring the best in what men have to offer the planet. We are only able to recognize the powerful brilliance of men because we are willing to look at, and take full responsibility for, the pain we are also capable of creating... and suffering. This is the paradox of modern masculinity, and it is a lesson we are dedicated to learning and teaching.

AT THE NWTA: You'll experience a level of energy, a quality of masculinity, a deep sense of safety, joy and laughter, anger and fear, physical challenge, and a connection to life's mystery that we can't explain to you, no matter how hard we try. You'll have the opportunity to look with fearless honesty at the life you've created, and make profound choices about what you want to keep, what you want to expand, and what you want to let go of. You'll discover your unique connection to manhood, explore a new way of understanding masculinity, and step fully into the man you envision yourself to be.



**Download the
Heros Journey
Infographic!**

Duration: 48 Hours

Location: Camp Facility

Leadership: Certified Leadership

Pre-Requisites: None

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When you're ready to do whatever it takes

This training is led by men certified by the ManKind Project with extensive experience in men's transformational work. Each process of the weekend is overseen by a team of leaders, providing the highest level of safety and professionalism possible.



SEPARATION – FRIDAY NIGHT: Moving away from the familiar. Team-building, individual and group exercises examine the modern male psyche: accountability, leadership, confrontation, competition.

DESCENT – SATURDAY MORNING: An exploration of authentic male emotion, conflict, purpose, and healthy power. Revisiting life history and stories. Connecting to what lies ahead.

ORDEAL – SATURDAY AFTERNOON: A challenge to embody fully authentic masculinity, to step into power, to break through barriers, and to experience the full potential of mature manhood.

INITIATION – SATURDAY NIGHT: Accepting responsibility as a man among men. Exploration of group dynamics, diversity and similarity. A test of solidarity and trust. A welcome into the circle of men.

INTEGRATION – SUNDAY MORNING: An exploration of legacy, connection, purpose, relationships and intention. Recognizing connections to nature and humanity.

CELEBRATION – SUNDAY AFTERNOON: A feast of victory, affirmation, laughter, and community. Begin integrating the learning of the weekend. Wrap up and send-off.

WHAT DOES IT COST: Prices vary according to location, average is \$675 US. This includes all accommodations, meals and materials. Financial assistance and payment plans are often available. Prices subject to change, please contact a local community for specific event information.

NWTA.MKP.ORG check our calendar for an NWT A near you or anywhere in the world.

NEW WARRIOR

Integration Groups

I-Groups are a primary value and force that MKP brings to the world, particularly the world of men, for it is through I-Groups that our work as New Warriors – **changing the world** – is most often realized.



Peer-Facilitated Support Groups

From the very beginning of New Warriors, the Founders and those who followed taking this work into the world realized the importance of helping men make that return to their world positive and effective. They also knew the power of men sitting in circles with other men who supported and challenged them, held them accountable, and gave them a place to speak their truth to another man without fear of judgments. With this profound understanding of the need and the value of supporting men on their journey in the world, MKP recognizes the essential value of Integration Groups.

Our circles help men deepen skills for conflict resolution, listening, emotional intelligence, goal achievement, and healthy boundary setting. I-Groups help men find and nurture a healthy, powerful and positive masculinity through the daily transitions of modern life. MKP serves a growing network of nearly 1000 peer support groups meeting weekly or biweekly, serving close to 10,000 men. I-Groups form the heart of our brotherhood, and are frequently open to visitors and guests.

Duration: Weekly 2-3 hours mkpusa.org/trainings/
Location: Private Residence
Leadership: Peer Facilitation
Pre-Requisites: NWT A & PIT

Primary Integration Training

The NWTA is only the beginning of their journey. The real test, the real work begins when an initiated man returns to his “village,” to his world and brings to all those in his world his mission and the new man he has discovered.



Continue the Journey

The PIT is the first step in integrating the transformative impact of the New Warrior Training Adventure into a man’s life. During the PIT, men learn the foundational tools needed to participate in ManKind Project men’s circles. Many of the concepts and frameworks introduced on the New Warrior Training Adventure are explored and refined to ground men in practices to help them be the mature men they want to be in every endeavor.

The PIT training is available as an 8, 10, or 12 week series. The PIT Intensive is offered as a weekend experience, Friday night to Sunday afternoon.

Learn and Practice

- Emotional intelligence
- Integrity and accountability
- Communication and Conflict Resolution
- Tools for self awareness
- Energizing your Mission
- Wisdom and blessing
- Loving yourself and others

Duration: 2-Day or 8-10wk mkpusa.org/trainings/
Location: Private Facility
Leadership: Certified Leadership
Pre-Requisites: NWTA

I-Group Facilitator Training

I-Group Facilitation is the art of directing a process in which a man discovers a deeper truth about himself, others, and the world.



What is the IGFT?

The IGFT is an advanced training for facilitating highly effective men's support groups. It is a 2 day curriculum that deepens and expands on the material taught in the Primary Integration Training, offering men additional tools and practices for creating safe and effective spaces for personal development work.

In the IGFT we explore how to pace facilitation, ask good questions, and practice skills for developing powerful intuition. Over the two days you will have an opportunity to practice your facilitation skills in eight processes, being the facilitator, being facilitated and being an observer.

Learn Key Facilitation Skills

- Speaking to be understood
- Using silence to open blocked paths
- Radical self-management
- How to truly meet a man where he is
- Use 'Mindful Intrusion' to stay on track
- Verifying and Clarifying
- Asking more powerful questions
- 8 Powerful processes

What Men Are Saying!

"We really dug deeply into the most basic core processes. I learned a ton about things that I already thought I knew...Great training!"

"I was thrilled that the first section of the training was a bunch of 'tools'/practices that related to the most fundamental part of facilitating-listening effectively..."

"Awesome training. Exceeded my expectations"

Duration: 2-Days

Location: Private Facility

Leadership: Certified Leadership

Pre-Requisites: NWT A PIT

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Staff Training 1&2

Entering the mystery. Is it possible to master men's work? How can you use your unique gifts as a facilitator and integrate with the rest of the staff to create a safe and transformative container?



For thousands of years, men have been warriors. But what is the New Warrior? Shaped by men like Martin Luther King and Gandhi, Mandela and Harvey Milk, how will you manifest the warrior in your blood?

Archetypes of the New Warrior

ST1: Dissecting the flow and processes of the New Warrior Training Adventure, men take a deeper look at the archetypes at the heart of our work.

This 1½ day training is required for men before their 4th NWTA. The focus of the ST1 is the Warrior archetype, while teaching all four archetypes. The focus of this training is to review and teach the flow, energy, and intent of the processes on the NWTA, with the context set by the Process question: "What's so new about being a New Warrior?"

Must be taken before your 4th NWTA Staffing.

The Mind of the Facilitator

ST2: A deeper examination of the central personal process work on the New Warrior Training Adventure. Multicultural training on racism.

This 1½ day training is staffed by two certified ST2 Leader Trainers. This training, while not required, is designed to teach deep process awareness and facilitation. It is an opportunity to practice GUTS processes from the NWTA carpet and get direct feedback from peers and Leader Trainers. ST2 is a Magician quadrant training, with the context set by the Process question: "How do I support safety on an NW TA"

Duration: 1 1/2 Days

mkpusa.org/trainings/

Location: Private Facility

Leadership: Certified Leadership

Pre-Requisites: NWTA

Leadership Training 1-2-3

What does leadership for the 21st Century look like for the New Warrior?

How does the Burden and Blessing of Leadership show up in your life?

Explore how your 'Authentic Servant Leader' shows up in MKP and your life.



The Container of Leadership

LT1: Learning to lead groups and build strong teams with positive interpersonal relationships. Multicultural awareness training on heterosexism. Seven week follow-up training. This 2 1/2 day training is led by two LT1 Leader Trainers. It is a Lover quadrant training, with the context set by the Process Question: **"Do we have a container?"** LT1 takes a deep look at safe and strong containers: How to build, maintain, support through challenges, and then release containers. The processes covered include: Intro. to Feelings, The Gift, What's at Risk, and Cock Talk.

The Burdens and Blessings of Leadership

LT2: Holding and handling the burden of leadership. Multicultural training on classism /elitism. 'Whatever it Takes' follow-up group. It is a Warrior quadrant training, and the context is set by the Process Question: **"What are your blessings and burdens of leadership?"** The 'Burden Process' continues to be a mainstay in this training. Key covenanted processes covered are: Accountability and Mission.

The Authentic Servant Leader

LT3: Examining the predator and victim within us as leaders. Creating safety. Multicultural training on sexism. It is intended to serve men moving into leadership positions in MKP. It is a King's quadrant training, and addresses the Process question: **"Who or what is an authentic servant leader?"** This training offers a deep look at our Victim/Perpetrator shadow that gets in the way of our leading. The Covenanted processes taught are: Sensei and Mission.

Duration: 2 1/2 Days

mkpusa.org/trainings/

Location: Private Facility

Leadership: Certified Leadership

Pre-Requisites: NWTa, LT1, LT2, LT3

Integral Mondo Zen

Sitting meditation has dramatic positive effects for mental, physical, emotional, and spiritual health.



3-Day Meditation Retreat

Integral Mondo Zen retreats are a rare combination of sacred ritual, intellectual exploration, deep spiritual practice, and transformative process, led by men and women with a powerful commitment to the betterment of all beings. This is a mixed gender meditation retreat with both sitting and walking meditations. Each day will include the conscious embodiment practice of qi gong.

The Integral Mondo Zen 3 Day Retreat is offered at select locations across the United States, and lead by Integral Mondo Zen Practitioners with decades of devoted practice and study.

What Men Are Saying!

“Mondo Zen training is one of the most important, creative, and novel additions to the meditation pantheon, highly recommended for the accelerated effect it has on spiritual growth and development. Definitely check it out!”
— Ken Wilber, *The Integral Vision*

“The most significant insight was how I have allowed my emotions much more room than they merit, not uncommon for an emotional type. In actuality, the emotions simply offer information, much like the rest of the senses. Unexamined, my emotions cause powerful reactions like anger, shame, or disconnection, with fear always underneath. Dropping through the fear reveals the deep caring that is present. To be able to feel the deep caring opens the door to love.”
— Dennis Mead-Shikaly - NWTAL Leader Emeritus

Duration: 3 Days

Location: Private Facility

Leadership: Certified Leadership

Pre-Requisites: None

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Issues & Isms

Multicultural Training program empowering men and women to live with awareness of cultural differences and skills to build effective relationships. A day of learning, discussion, reflection and sharing about our differences.



1-Day Multicultural Training

A highly adaptable multicultural training routinely offered to men and women across the USA. This training is regularly customized to address specific issues at the request of local communities; including racism, sexism, classism, homophobia, ageism, and others.

A 1-day workshop offering a safe place and powerful methods for exploring, without blame or shame, challenging issues that affect our culture, our communities and our relationships.

The I&I presents a useful model for understanding multicultural interactions. The workshop addresses many of the 'isms,' including racism, sexism, heterosexism, religious oppression and others.

Issues & Isms is solutions based, focusing on practical tools to help you effectively navigate your life. You can build and maintain the kinds of relationships you want to have.

Duration: 1 Day

mkpusa.org/trainings/

Location: Private Facility

Leadership: Certified Leadership

Pre-Requisites: NWT A

Epic Leadership

Discover the Heroic Potential in Your Team to Overcome Epic Challenges
and Realize the Greatest Possibilities for Your Organization



Leadership & Service

The Epic Leadership Course contains concepts and action strategies that have been proven to facilitate transformational change in organizations for over 35 years – the kind of change that only happens when we radically switch our approach to everyday problems. Thought provoking, inspirational ideas, and tons of PRACTICE. We now have the skills, tools and vision to move beyond the limitations of our past. We are on the road to building a renewed and Collaborative Community.

The Course Leader

As Founder and Principal of Griggs Leadership, Thomas designs and facilitates high engagement leadership development programs that serve organizational and community leaders around the world. He was initiated in 1993 and co-founded the Greater Carolinas Area in 1995. He created the first Organization and Community Leadership training for the Project (OCL 103) and has facilitated conflict resolution and community building at local, national and international levels for almost 20 years. Thomas has also provided training and consulting to numerous leadership teams on leading and managing organizational change in the Project.

We Will Cover:

- Meet the Maegus: Conjuring Sustainability Out of Chaos
- The Challenge of Balance: Embracing Emotional Wisdom for Health & Serenity
- The Challenge of Understanding: Mastering the Art of Perfect Listening
- The Challenge of Generativity: Unleashing the Creative Power of Groups
- The Challenge of Reputation: Engaging Community Resources Through Storytelling
- The Challenge of Inclusion: Collaborating Across Power and Difference
- The Challenge of Efficiency: Designing Simple Systems for Breakthrough Sustainability
- The Promise of Remembering: Applying Wisdom for Lasting Change

Duration: 16 Weeks

mkpusa.org/trainings/

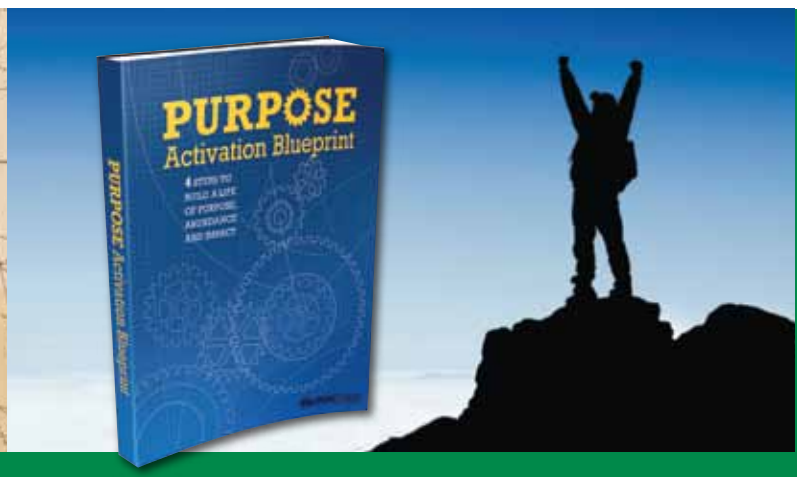
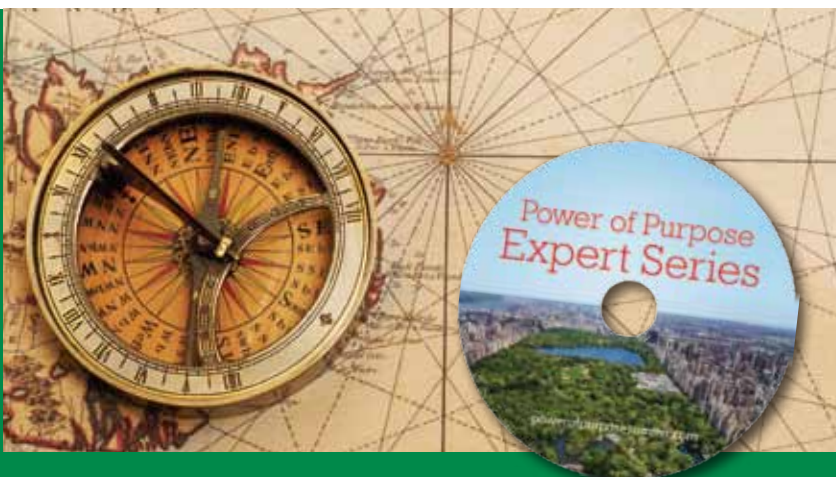
Location: Online Course

Leadership: Professional Leadership

Pre-Requisites: None

Man On Purpose

The ManKind Project's Groundbreaking Offerings
for Living Life on Purpose.



Power of Purpose Expert Series

Discover your purpose. Ignite a new source of creativity & passion. Become a force for good. In 2014 and 2015, the ManKind Project brought together over 3 dozen expert speakers on living a life of Purpose, Insight and Action. This series is available as a digital download and includes audio and video interviews with such noteworthy speakers as:

Dan Millman	John Wood	David Hopkins
Ken Wilbur	Richard Leider	David Fabricius
Janet Attwood	Michael Taylor	Bill Kauth &
John Gray	Susan Bratton	Zoe Alowan
Tim Kelly	Mike Robbins	Jenny Saur-Klein
Chris Attwood	Amy Ahlers	Dale Herink
Charles Eisenstein	Rich Tosi	Andrew Hewitt
Clair Zammit	Char Tosi	Adam Gilad
Ashanto Branch	Bill Plotkin	Craig Hamilton
Arjuna Ardagh	Zhena Muzyka	Lion Goodman

Duration: Anytime mkpusa.org/trainings/
Location: Digital Download
Leadership: 40 Speakers
Pre-Requisites: None

Man on Purpose 7 Week Essential Course for Men

Come on a profound Hero's Journey to discover you passion, purpose and drive for life in a course that has now been taken by men from over 20 nations around the world.

The Man on Purpose Course is a uniquely powerful curriculum delivered by expert teachers in purpose discovery and action. Created by NWTAL Leader Trainer George Daranyi, NWTAL Co-Leader Chris Kyle, and now Planet Purpose Founder Brandon Peele.

"A wonderful learning experience that helped me clarify my purpose and bring that purpose into action. The ability to interact and be supportive with other men around the globe was mind-boggling." — David Pais

Duration: 7 Weeks mkpusa.org/trainings/
Location: Online Course
Leadership: Professional Leadership
Pre-Requisites: None

RISC Relationship Course

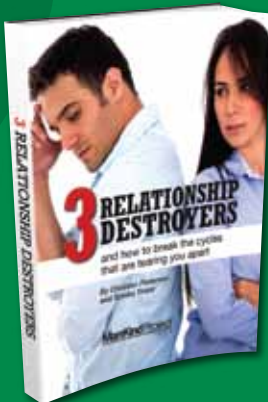
RISC - Relationship, Intimacy, Sex, Communication
A 7 Week Self-Guided Relationship Course for Couples.



RISC Course

Relationship, Intimacy, Sex, and Communication Course. Co-teachers Christian Pedersen and Sonika Tinker bring over 30 years of experience teaching relationship transformation for men and women. This course combines video and audio workshop formats and engages men and women in a compelling, pragmatic, and inspirational curriculum to create a lasting love and sex breakthrough.

A 7 Week DEEP DIVE into building the relationship you deeply long for. This course covers every aspect of your relationship life and will give you incredible tools for handling the tough stuff and increasing your joy, connection, and intimate DRIVE!



What They're Saying!

"Since the R.I.S.C. course last year, my husband and I have had lots of very painful, but positive work. Using the communication skills we learned in the RISC course, and many long nights talking, we now have a marriage that is better than... well, ever!"

— Sally

"This was single-handedly the best relationship training I have ever been in. And I have done quite a few. For anyone who doubts getting into this training: I would encourage you to drop your excuses and simply do it. It will turn out to be the most important and wonderful thing you ever did for yourself and the people around you. You will NOT regret it!"

— Eric Hop

Duration: 7 Weeks

mkpusa.org/trainings/

Location: Online Course

Leadership: Professional Leadership

Pre-Requisites: None

Mastering Mature Masculinity

The MKP USA Coaching Program



Personal Coaching for Personal Growth

During the evolution of MKP, we have developed, adopted and adapted impactful technologies to guide human development. Our coaching methods are informed by this tested body of core beliefs and understandings and delivered by trained, experienced master coaches. The Mastering Mature Masculinity approach focuses on learning sovereign masculine presence.

The coaching program had its genesis with Jan Hutchins and his allies, including his wife, coming together with Jon Levitt to discuss ways that MKP USA could broaden its reach, especially to men who were not very active in the project after the New Warrior Training Adventure, but were still committed to their ongoing growth, and to serve men who were looking for intensive support to improve in specific areas or issues in their lives.

The Approach

- Empower and enrich the lives of new warriors, support their increased effectiveness, and reinforce their value and values.
- Guide men into personal alchemy – where shadows are transformed into gold and men learn to inhabit their mature spiritual masculine.
- Provide personal guidance and mentoring for New Warriors' involvement in all aspects of MKP USA and the lives of their families and communities.

Duration: You Choose

mkpusa.org/trainings/

Location: Zoom video conferencing

Leadership: Professional Leadership

Pre-Requisites: None



FOR MORE INFORMATION AND COURSE OFFERINGS

Call: 1-800-870-4611
outreach@mkp.org
mankindproject.org/trainings/