



## Local Community. Global Impact.

In 1984, three men had a 'wild' idea for a men's training. In the last 30 years, some things have changed.



Awake, Accountable,  
 Powerful, Purpose Driven,  
 Emotionally Mature,  
 Compassionate Men.

© Le Wang



## Creating a safer world, by growing better men.

Offering life-changing trainings and a network of men's peer support groups around the world.

### Our impact:

Every year over 2,000 men attend the **New Warrior Training Adventure (NWTAs)**, embracing a life-changing opportunity for radical self-examination and connection.

Every week we directly serve nearly 10,000 men through free and confidential peer support groups (called I-Groups). We help men continue their 'hero's journey,' as men mentoring men through all the passages of their lives.

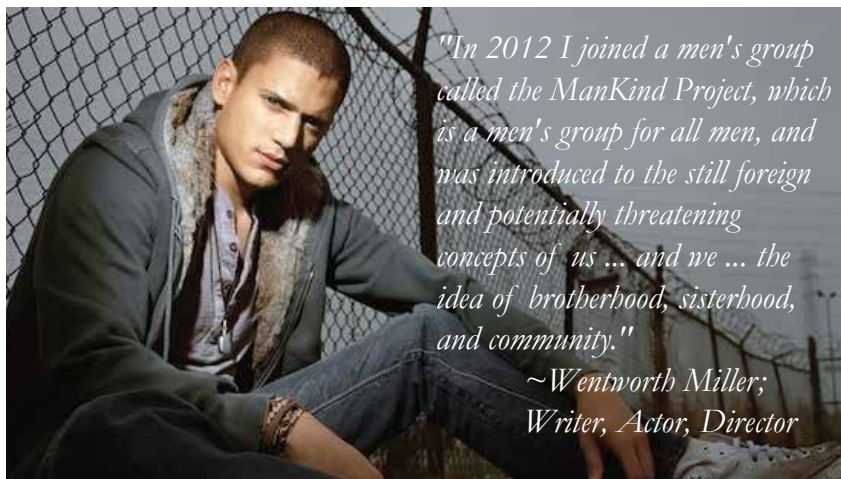
'**New Warriors**' positively transform families, communities, institutions, and society as mature leaders and role models, working with others to benefit humanity through missions of service.

◀ From a single weekend training in early 1985, the ManKind Project now hosts close to 100 **NWTAs every year**. Over 53,000 men have now experienced the NWTAs.

▶ The ManKind Project (MKP) is a nonprofit organization with 9 regions around the world. MKP is not affiliated with any religious practice or political party. We strive to be increasingly inclusive and diverse.

## Making a difference in men's lives

Imagine groups of men in hundreds of communities around the world; actively taking individual and shared responsibility for a better future.



*"In 2012 I joined a men's group called the ManKind Project, which is a men's group for all men, and was introduced to the still foreign and potentially threatening concepts of us ... and we ... the idea of brotherhood, sisterhood, and community."*

*~Wentworth Miller;  
Writer, Actor, Director*

## Men's Community for today!

"Dunbar's Number" ... 125-150 ... the number of social relationships a person can maintain without losing track. It's a number we're focused on.

With our men's I-Groups, we focus on small geographical areas. We create face-to-face, committed

groups with bonded connection. **Men connect with authenticity, vulnerability, and accountability that is incredibly rare in our highly transactional society.**

Our I-Groups create profound ripples in the world. Men become better fathers, partners, husbands, sons, workers, friends, and global citizens. **They bring new awareness and new skills to every part of their lives.** Peer reviewed studies show that the work we're doing has lasting positive impacts on health, relationship connections, personal well-being and satisfaction, and reduced gender conflict.

## Training Regions

- Australia
- Canada
- French Speaking Europe
- German Speaking Europe
- New Zealand
- South Africa
- Switzerland
- United Kingdom & Ireland
- United States

### Developing Areas

- China
- Costa Rica
- Mexico
- Scandinavia
- Singapore

THE  
**ManKind Project**<sup>®</sup>

INTERNATIONAL

*Changing the world one man at a time.*

Call 800-870-4611 or email [media@mkp.org](mailto:media@mkp.org) to learn more.

# THE ManKind Project®

How we show up.

More people are reaching out to us,  
and more media are asking  
for our input than ever before.



## MANKIND PROJECT MEN; AS SEEN ON:

Oprah's Lifeclass | CBS Sunday Morning | NPR | The Good Men Project | The Huffington Post | BUZZFeed  
ABC News | Fox News | London Sunday Times | Feminist.com | Out.com | ODE Magazine | TEDx  
Guardian UK | American Journal of Community Psychology | International Journal of Self Help & Self Care  
Psychologies Magazine | Indianz.com | Natural Awakenings | Pathways to Family Wellness | OUTSmart  
Art of Manliness.com | Masculinity-Movies.com | Sydney Morning Herald | Detroit Metro Times  
The Dallas Voice | Human Rights Campaign | The Republic | New Statesmen | Prescott Daily Courier  
Minneapolis Star Tribune | Gay Calgary Magazine | Men's Stuff.com | Men's Health Network  
Pagosa Sun | WCIU TV Chicago | BeliefNet | Santa Barbara Independent | Durango Telegraph  
Queer Voices Radio | Dallas South News | Pitchfork.com | MenAfterFifty.net | DailyMail UK



Our phones are ringing. People are noticing the men of the ManKind Project, and they are asking for our input in some important conversations.

A representative from the ManKind Project would be happy to connect with your organization to talk about the evolving state of masculinity, men's

community, men's personal development work, purpose and mission, building healthy relationships, mentoring, men's community, the 'hero's journey', rites of passage ... and more.

**We have a number of authors, public speakers and experts available.**

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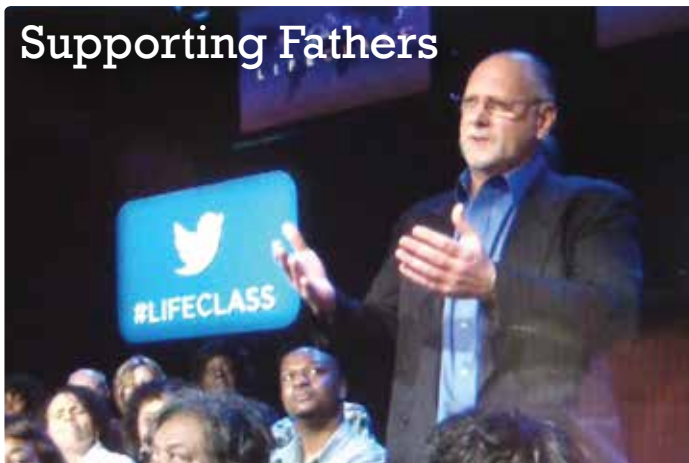
# THE ManKind Project®

## Creating Cultural Change

Men with a deep sense of purpose and a mission of service making a difference in the world.



### Supporting Fathers



Men of MKP were invited to be in the audience for filming of Oprah's "LifeClass" with Iyanla Vanzant on "Fatherless Sons." Over 100 MKP supporters were there in January 2013, and a number of MKP men spoke. In June, MKP Chicago men attended 'the Reaction' show and had another opportunity to speak about MKP's role in supporting positive fatherhood.

### Shifting Gender Roles



"Ensoulement" is a film exploring the changing meanings and representations of gender - masculinity and femininity. Greg Gondron and Tom Hopwood of the MKP Houston community were interviewed by filmmaker Lorís Simón Salum to talk about the role of men's groups in the redefinition of masculinity. Two of the film crew are now New Warriors.

### Deepening Friendships



CBS Sunday Morning went to Dallas, TX to film a segment called "the Science of Friendship," talking with MKP men about connection, friendship, and community. ManKind Project men challenge stereotypical views of what male friendship looks like. The segment aired in April 2013.

### Changing Style



The Sunday Times of London did a four page spread; "The NEW MACHO," based on the piece of the same name written by Boysen Hodgson, MKP USA Communications Director. The piece featured a number of direct quotes about the shifting role and image of 'real' manhood in the 21st Century.

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# THE NEW WARRIOR

TRAINING ADVENTURE®

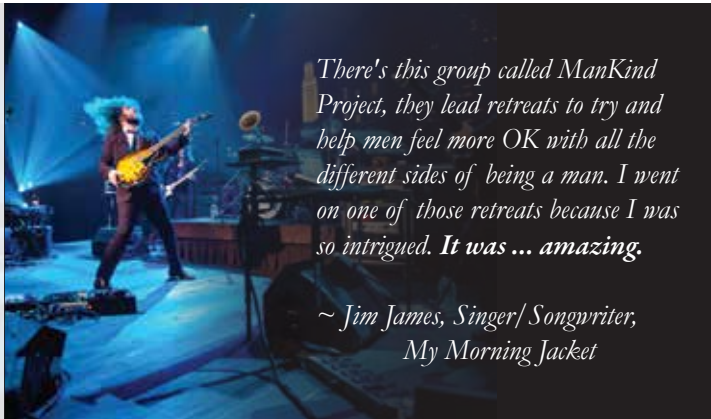
Breaking out of isolation.

Many men describe the NWTAs as the most powerful experience of their adult lives.



*For the first time in human history, we have before us the possibility of authentic masculine initiation - an initiation into the global brotherhood.*

~ Dr. Robert Moore,  
Coauthor of  
*King, Warrior, Magician, Lover*



*There's this group called ManKind Project, they lead retreats to try and help men feel more OK with all the different sides of being a man. I went on one of those retreats because I was so intrigued. **It was ... amazing.***

~ Jim James, Singer/Songwriter,  
*My Morning Jacket*

*This world needs fiercely generative, emotionally intelligent, loving men; committed and conscious partners, fathers, citizens, and MKP grows and empowers just such men. ~ Scott W. - MA, LPC*

*My father, who was a Marine combat WWII veteran, told me I should never talk about my experience in Vietnam. He told me it was what a man needs to do; to bury his feelings and protect others from the horrors of war. I believed him and proceeded to stuff those emotions deeply away ... festering for over 40 years. At the NWTAs, I was able to identify and bring those feelings to the surface, express them and release the anger associated with them. I highly recommend the NWTAs to any man. ~ Jack Palin*

*I was in need of healing around the wounding I experienced from straight males for being gay throughout my childhood. I never felt so loved and respected by heterosexual men as I have in the MKP circles. Bringing all men together—gay, straight and bisexual—is a great healing for everyone. The work involved in the MKP is done professionally and with the highest level of integrity I have ever experienced and witnessed. ~ Joe Kort, MSW, PhD*

## 48 HOURS CAN CHANGE EVERYTHING

The New Warrior Training Adventure [NWTAs] is a modern male initiation and self-examination. It is the "hero's journey" of classical literature and myth that has nearly disappeared in modern culture. We ask men to stop living vicariously through movies, television, addictions and distractions and step into their own adventure – in real time and surrounded by

other men. We provide a high intensity, safe, and affirming experience to connect men to themselves and each other with purpose, adventure, spirit, fun, and emotionally authentic male community. **Over 53,000 men have attended the NWTAs.**

### WHAT HAPPENS ON THE ADVENTURE:

**The Call** - ANY TIME: A man experiences an internal 'call to adventure.' He makes a choice to take a risk and set out on a hero's journey to improve his life and make a difference.

**Separation** - FRIDAY NIGHT: Separation from the familiar. Team-building, individual and group exercises examine the modern male psyche: accountability, leadership, confrontation, competition.

**Descent** - SATURDAY MORNING: An exploration of male emotion, conflict, purpose, and healthy power. Busting down stereotypes. Revisiting life history and stories. Preparing for the ordeal.

**Ordeal** - SATURDAY AFTERNOON: A challenge of mind, heart, body, and spirit. Men step into power, break through barriers, experience supportive brotherhood, connection to men, and mature manhood.

**Initiation** - SATURDAY NIGHT: Taking responsibility as a man among men. Exploration of group dynamics, diversity and similarity. A test of solidarity and trust. Welcome into a community.

**Integration** - SUNDAY MORNING: Acknowledging ancestry and legacy, connection, purpose, and intention. Real talk about male sexuality. Recognizing our interconnection with nature.

**Celebration** - SUNDAY AFTERNOON: A feast of Welcoming, affirmation, laughter, and community. Begin integrating the learning of the weekend. Wrap up and send-off.

Call 800-870-4611 or email [media@mkp.org](mailto:media@mkp.org) to learn more.

## A journey of healing

Our training programs and men's groups can be a powerful addition to a man's therapeutic journey.



### When to refer:

- Ready to 'break through'
- Desire to 'go bigger' in life
- Anger, Mistrust, Rage
- Grief and Loss
- Separation or Divorce
- Shame or Isolation
- Crisis in Meaning or Purpose
- Relationship Conflicts
- Lack of male friends / role models
- Desire to mature as a man
- Questions about male identity
- Fear of Intimacy, Commitment
- Depression, anxiety

### Outcomes:

- Awareness of choices and impacts
- Validation of self, acceptance
- Feeling of belonging, connection
- Self confidence, empowerment
- Better grasp on male identity
- Increased emotional literacy
- Connection to purpose
- Worthiness, self regard
- Forgiveness of self and others

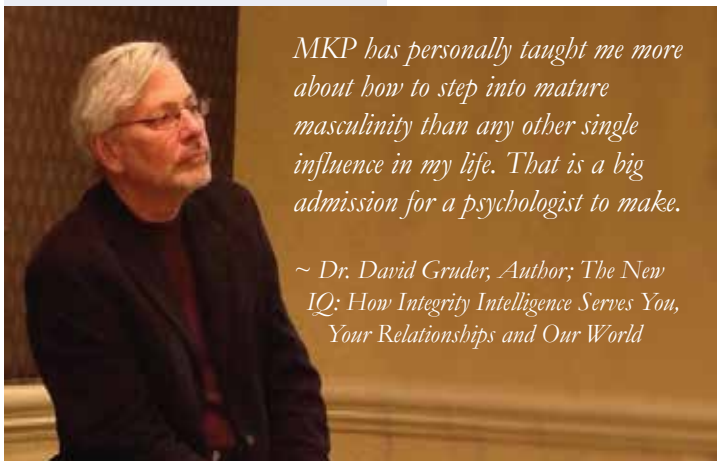
## Referring men to the ManKind Project

Many mental health professionals are active members of the ManKind Project and regularly participate as staff on the New Warrior Training Adventure. We estimate that more than 10,000 men have come to the NWTA through referrals from counselors and therapists.

### NOT A SUBSTITUTE, BUT A GREAT SUPPLEMENT:

The NWTA blends a unique set of experiential processes designed to take men on an intentional 'ritual' journey. In this modern "Hero's Journey", men face obstacles and realize their capacity to overcome what may have seemed impossible.

Men who participate in the NWTA explore their personal sense of masculinity, connect with other men in a supportive way, take responsibility for the impacts of their behaviors and actions, and experience and identify their full range of emotions. Along the way they have a unique opportunity to witness that other men experience similar emotions, conflicts, and triumphs. **Strangers arrive on Friday evening and emerge as brothers on Sunday, ready to continue their personal growth with a community of support.**



*MKP has personally taught me more about how to step into mature masculinity than any other single influence in my life. That is a big admission for a psychologist to make.*

*~ Dr. David Gruder, Author; The New IQ: How Integrity Intelligence Serves You, Your Relationships and Our World*

*I, literally, have sent hundreds of men to the NWTA. The response I have received from my clients who have gone through it has been overwhelmingly positive. They become better partners, better parents, better men.*

*~ Patti Henry, M.Ed., L.P.C., Author;  
The Emotionally Unavailable Man: A Blueprint for Healing*

*They [MKP] have an experiential retreat/training weekend that continues to be the most incredible weekend experience I've ever had. MKP is a tremendous adjunct to therapy and 12-step groups. I can't recommend them highly enough.*

*~ Ron Nevelon, LCSW*

## Building Conscious Leaders

We offer advanced training to empower conscious and responsible authentic 'Servant Leaders.'



*From: "10 Tips For Mothers of Troubled Teenage Sons"*  
*There is a group of men who have willingly and very seriously shouldered the task of ushering the young males of today into the manhood of tomorrow. This is a group of men that all boys and men should be exposed to. I mean that without qualification. This is a group of men, dedicated to creating and supporting an environment for deep, honest and necessary male exploration.*  
~ Aaron McNaught, RPN / CHT

*In 1983, I wrote "The Secrets that Men Keep" After experiencing the New Warrior Training I'm rewriting that book. It's the most important men's work occurring in the U.S., and perhaps in the world, today."*  
~ Dr. Ken Druck, Author

*The truth is, I was afraid of this training. Even though I've written about men and worked with men for many years, the fact is -- as I discovered on the Weekend -- I didn't really trust men. I'm glad I overcame my fear. This was the most powerful training I've ever done, and the changes it started in me have been both deep and positive.*  
~ Mark Gerzon, Author

## LEADERSHIP TRAINING CURRICULUM

Our intention is to train and nurture the highest quality Training Leaders and Facilitators available for men's personal growth intensives. We provide world class leadership training that helps any man be more effective in any endeavor. Men who choose a path of leadership training in the ManKind Project spend years learning to create safe, positive, and productive environments for empowerment and personal growth. These men are required to maintain high level mentoring relationships, to learn advanced skills, and to sit for regular peer review processes to determine ongoing fitness to serve as Training Leaders.

The Certification track in the ManKind Project takes several years to complete and is geared toward empowering a diverse group of Leaders to facilitate dynamic experiential processes and to lead teams of men to orchestrate complex multi-day residential programs.

**ST1 - Staff Training 1:** 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.

**ST2 - Staff Training 2:** A deeper examination of the central personal process work on the New Warrior Training Adventure. Multicultural training; Isms & Issues on racism.

**LT1 - Leader Training 1:** Learning to lead groups and build strong teams with positive interpersonal relationships. Multicultural awareness training on heterosexism. Seven week follow-up training.

**LT2 - Leader Training 2:** Holding and handling the burden of leadership. Multicultural training on classism / elitism. 'Whatever it Takes' follow-up group.

**LT3 - Leader Training 3:** Examining the predator and victim within us as leaders. Creating safety. Multicultural training on sexism. Seven week integration training.

**I&I - 'Isms & Issues Training:** A highly adaptable multicultural training routinely offered to men and women across the US and beyond. This training is regularly customized to address specific issues at the request of local communities.