

2019



TRAINING CATALOG



THE
ManKind Project[®]
USA

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 • Compassion
Generosity • Integrity • Intercultural
Competency • Leadership • Respect**

Our Courses

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Begin Your Journey

Are you the man you want to be?
Are you still trying to get there on your own?

the Men's Work
from the **ManKindProject**



Take a step

In our experience over 35 years ... we've learned that men can only go so far alone. We can't heal ourselves, our society, or our planet while we're still behaving like lone wolves. We need connection. We need tools. We need maps that work. The Men's Work is a platform designed for the man starting out on his men's work journey. It's a course for men to take a first step into something unknown – a men's group. There is a place on the horizon where you will feel understood, connected, grounded, powerful. New sessions launch on multiple days every month.

"The MKP's Men's Work sessions have reassured me that I'm not alone in my experience and that there are some amazing, insightful and introspective men out there willing to stand together, dig deep and be the best men for ourselves, family, friends and the world. We can do better. And the ManKind Project has put out the call to action."

— Andy W.

What you'll get

- Increased self-awareness
- Better communication
- Increased confidence
- Emotional Intelligence tools
- Connection of brotherhood
- A path forward to continue your growth
- 12-14 men per cohort
- Weekly resources and practices
- Private Facebook Group
- Cost is \$75 for 3 Weeks

"I cannot recommend this strongly enough! Being able to meet with men that could relate to me was absolutely amazing. This course let me know I am on the right path. Thank you, MKP!"

— Morgan

Duration: 3 90 minute sessions in 3 weeks

Location: Online

Leadership: 2 Facilitators

Pre-Requisites: None

Visit: mkpusa.org/themenswork

New Warrior Training Adventure

The most recognized and respected modern initiation experience for men in the world. To date, over 65,000 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 65,000 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
 Heroes Journey
 Infographic!**

Duration: 48 Hours
Location: Camp Facility
Leadership: Certified Leadership
Pre-Requisites: None
Visit: nwta.mkp.org

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 NWTA near you or anywhere in the world.

NEW WARRIOR

Men's Circles

Men thrive only with support. Our Men's Circles are a primary value and force that MKP brings to the world: supporting, challenging and connecting men to each other and to their own highest potentials. We offer a number of types of men's circles.



Peer-Facilitated Support Groups

Since shortly after the first New Warrior Training Adventures, the Founders and those who followed realized the importance of helping men make the return to their world positive and effective. They knew the power of men sitting in circles with other men who supported and held them accountable. They knew that men who had a place to tell the unvarnished truth about their lives, to embrace the strength of vulnerability, could become role models, healers, and leaders in their communities. With this profound understanding of the need and the value of supporting men, MKP recognizes the essential value of Men's 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.

Different Types of Men's Circles

Open Men's Groups

An Open Men's Group / Open Men's Circle is place for any man to experience the richness of men's work in a confidential and supportive container. Open Men's groups are facilitated by experienced New Warriors dedicated to helping men feel confident, competent, and connected in their growth as mature men.

Integration Groups

For men who have completed the New Warrior Training Adventure, the Integration Group (I-Group) is the heart of a New Warrior's practice. These meetings vary in style and content, but have at the core the values and philosophy of the NWTA.

Virtual Integration Groups

For men who have completed the NWTA, Virtual I-Groups are held via video conferencing, and facilitated by trained Virtual I-Group hosts. Perfect for men without access to face to face meetings.

Duration: Weekly 2-3 hours
Location: Private Residence
Leadership: Peer Facilitation
Pre-Requisites: NWTA & PIT
Visit: mkpusa.org/training-catalog

Primary Integration Training

The NWTA is only the beginning of the journey. The work continues when an initiated man returns to his “village,” to his world, and bringing 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 is also offers as an Intensive 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
Location: Private Facility
Leadership: Certified Leadership
Pre-Requisites: NWTA
Visit: mkpusa.org/training-catalog

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
Visit: mkpusa.org/training-catalog

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 NWT. 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 NWT, with the context set by the Process question: "What's so new about being a New Warrior?"

Must be taken before your 4th NWT 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 NWT 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 NWT?"

Duration: 1 1/2 Days
Location: Private Facility
Leadership: Certified Leadership
Pre-Requisites: NWT
Visit: mkpusa.org/training-catalog

Leadership Training 1-2

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?



LT1: The Container of Leadership

Learning to lead groups and build strong teams with positive interpersonal relationships. 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. Multicultural awareness training on heterosexism. Seven week follow-up group.

LT2: The Burdens and Blessings of Leadership

Holding and handling the burden of leadership. 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. Multicultural training on classism /elitism. ‘Whatever it Takes’ follow-up group.

Duration: 2 1/2 Days
Location: Private Facility
Leadership: Certified Leadership
Pre-Requisites: NWT, LT1, LT2
Visit: mkpusa.org/training-catalog

Leadership Training 3

What does leadership for the 21st Century look like for the New Warrior? Explore how your 'Authentic Servant Leader' shows up in MKP and your life.



Authentic Servant Leader

Examining the predator and victim within us as leaders. Creating safety. 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. Multicultural training on sexism.

LT3 uses a mix of individual work, journaling, dyad work, group work and carpet/ process work to access the authentic servant leader that lives in every man.

General Requirements: Participants must be registered as a Leader in Training (LIT) with the North American Leader Body or be a member in good standing of their local LKS, Elder Community, I-Group Council, be a recognized Community Leader or a local Multicultural Representative.

Focus of LT3

- Explore how Servant Leadership shows up.
- Experience deeply your Victim/Perpetrator Shadows and how they might make your leadership less effective or even dangerous.
- Look at how sexism shows up in your life and relationships, and impacts your leadership.
- Understand key covenanted processes.
- Practice providing and receiving feedback.
- Experience a Circle of Excellence supporting and challenging the best in you and your brother's authentic servant leader.
- Feel how the King blesses and informs leadership.

Duration: 2 1/2 Days
Location: Private Facility
Leadership: Certified Leadership
Pre-Requisites: NWTA, LT1, LT2
Visit: mkpusa.org/training-catalog

Integral Mondo Zen

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



4-Day Meditation Retreat

Take your spiritual practice to the next level. The Integral Mondo Retreat has helped thousands of men and women create fundamental intellectual, emotional, and physical transformation, regardless of their spiritual or religious background, or previous meditation experience.

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 4 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 They 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: 4 Days

Location: Private Facility

Leadership: Certified Leadership

Pre-Requisites: None-Open to men & women

Visit: mkpusa.org/training-catalog

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.



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.

What They Are Saying!

"Great, Great tools to navigate personal, interpersonal, and community work. Wonderful team presentation!"

— Participant

"This has opened my eyes to a lot of the ways we have bias. I am resolved to be more aware of my attitudes and actions."

— Participant

"Useful tools to build awareness & immediate tools to apply for myself in my relationships with others and as a leader."

— Participant

Duration: 1 Day

Location: Private Facility

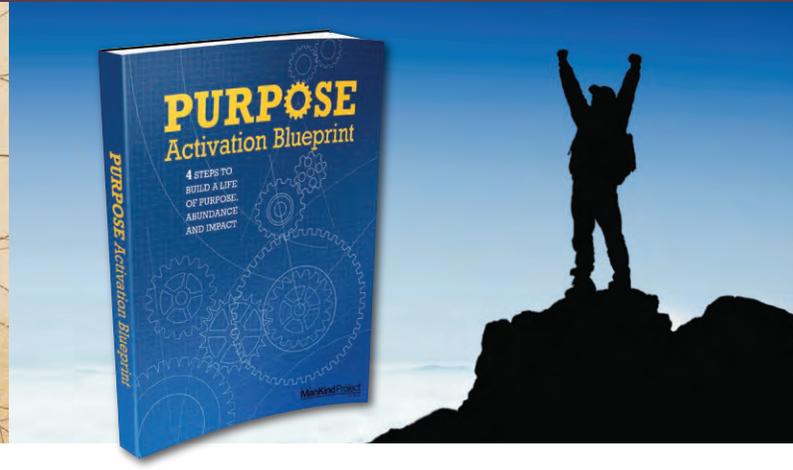
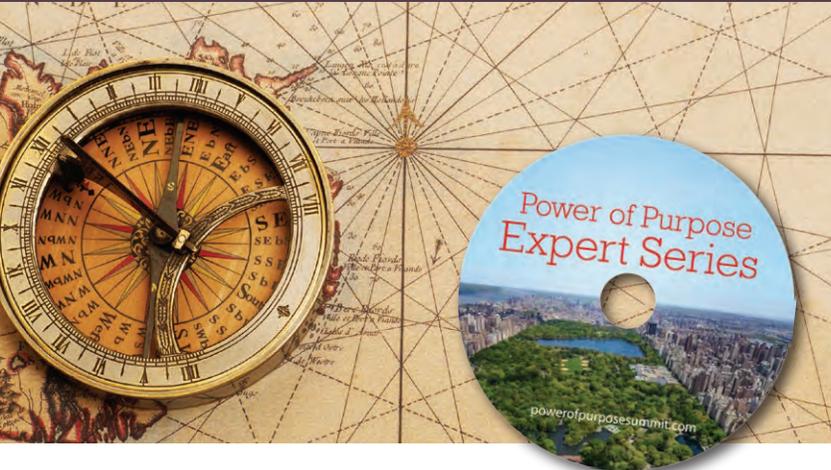
Leadership: Certified Leadership

Pre-Requisites: None-Open to men & women

Visit: mkpusa.org/training-catalog

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 noteworthy speakers:

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

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 NWTA Leader Trainer George Daranyi, NWTA 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: Anytime
Location: Digital Download
Leadership: 40 Speakers
Pre-Requisites: None-Open to men & women
Visit: mkppop.mkp.org

Duration: 7 Weeks
Location: Online Course
Leadership: Professional Leadership
Pre-Requisites: None-Open to men & women
Visit: manonpurposecourse.com

RISC Relationship Course

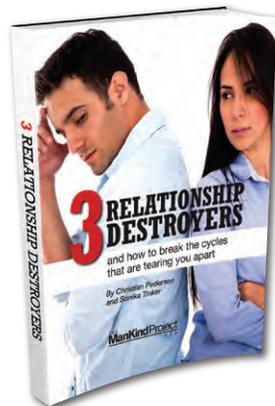
RISC - Relationship, Intimacy, Sex, Communication
A 7 Week Self-Guided Relationship Course for Couples.



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 Are 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

Location: Online Course

Leadership: Professional Leadership

Pre-Requisites: None-Open to men & women

Visit: therisccourse.com

GUTS Training One

Learn the basic theory, structure and flow of NWTAs GUTS work.
 Strengthen your facilitation skills and continue your leadership journey.



Bring more of you to the Carpet

Learn and practice skills to enhance your staffing ability for NWTAs. The skills taught are appropriate for a junior staff man (4-10 NWTAs trainings). Introduction to MKP core values with an emphasis on Impact and awareness of Power, Privilege, and Difference. Deepen your awareness of the Archetypes. Teach and set the tone of GUTS and support men to experience Magician, Warrior, Lover, and King through a GUTS process. Learn Shadow awareness and Shadow watching.

During this training, you will receive an overview of the GUTS processes, energy, and intent. We will review basic process as set out in the “New Warrior Guts Process Guide,” and explore other processes. You will practice leading Guts and understanding the Archetypal overlay of the various processes. You will increase your skills as a facilitator for GUTS.

You Will Experience

- A combination of teaching and facilitating.
- A greater understanding of the Archetypes.
- How to create a safe container and presence.
- The basic theory, structure, flow and purpose of a Guts Process.
- How to support a man through deep grief, anger, shame, and blessing.
- Increase your intercultural awareness.
- Safety and rituals to support the process.
- Gain healing for yourself in a circle of men, grow your skills, and experience community.

Duration: 3 days
Location: Private Facility
Leadership: Certified Leadership
Pre-Requisites: NWTAs-Men Only
Visit: mkpusa.org/training-catalog

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 Griggs 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

Location: Online Course

Leadership: Professional Leadership

Pre-Requisites: None-Open to men & women

Visit: mkpusa.org/epic



Gender Equity & Reconciliation Int.

Healing and Transformation for Women and Men. Join us for an experiential workshop designed to open new pathways to healing, respect, intimacy and collaboration between men and women.



Tools for Healing Between Men and Women

Gender Equity and Reconciliation is a burgeoning new field of transformational healing and reconciliation between men and women. GERI recognizes the profound wound in the human family constellated around cultural conditioning related to gender, sexuality and relational intimacy. The “gender wound” is manifested in myriad forms in virtually every society across the planet. For many participants the result is profound and transformational healing.

Founding Directors

William Keepin, Ph.D. is co-founder and Co-Director of Satyana Institute, the Gender Equity and Reconciliation International project and a mathematical physicist with thirty scientific publications on sustainable energy and global warming. Will is author of *Divine Duality: The Power of Reconciliation Between Women and Men* (Hohm Press, 2007) and other books on spirituality and science.

Rev. Cynthia Brix is an interfaith minister and Co-Director of Satyana Institute, the Gender Equity and Reconciliation International project, and co-founder of the Women’s Spiritual Mastery project. Cynthia is contributing author of *Divine Duality: The Power of Reconciliation between Women and Men* (Hohm Press, 2007), and co-author of *Women Healing Women* (Hohm Press, 2009).

This 4-day Workshop Will

- Develop a vision of a gender healed world & ways to create it
- Increase your awareness of how gender identity (assigned or chosen) impacts us.
- Gain understanding of your own & other genders experience
- Explore your own gender socialization biographically
- Understand the gender disharmony in our current culture.
- A day of Holotropic/Integrative Breathwork
 - Achieve a higher connection to yourself and others
 - Increased trust in your own creativity and self-expression
 - Experience a safe, non-ordinary state of consciousness
 - Find greater respect and understanding of others

Duration: 4 Days
Location: Residential
Leadership: Professional Leadership
Pre-Requisites: None-Open to men & women
Visit: mkpusa.org/gender-reconciliation

MKP USA in Partnership With

A Couples Weekend

Strengthen Your Relationship, Increase Trust,
Rekindle & Revitalize your Love



Welcome

A strong healthy relationship spurs self-discovery and personal growth. A Couples Weekend provides an opportunity to truly connect with honesty and authenticity — possibly like you never have before.

During the weekend, you will have many opportunities to better understand your relationship, yourself and your partner. You'll discover together what is working and what may not be working. We will share tools and skills to help you honestly communicate so you can both be heard. This can make a world of difference — especially during the tough times.

Presented by Tosi & Associates, in partnership with the ManKind Project USA. Developed by Rich & Char Tosi, presented by Rich & Laurie Riedman, John & Rhonda Gaughan, and Jim & Linda Brooks.

"It is a remarkable process & experience to have. A great gift for me, for us, for anyone in a relationship, for now, for forever."

— Ellen

Enrich Your Relationship

- Ask for what you want without alienating your partner
- Non-blaming, non-shaming communication
- Effective listening skills
- How to express anger cleanly
- How to stop destructive patterns in your relationship
- How you project past hurts onto your partner
- How your partner can help you heal your deepest emotional wounds
- Rituals to deepen and nourish your relationship

Duration: 3 Days

Location: Retreat Center

Leadership: Professional Leadership

Pre-Requisites: None-Open to couples

Visit: mkpusa.org/couples

Successful Living Basic Training

Practical, easy-to-integrate concepts and tools for a satisfying, enjoyable life... at any age, at any time, anywhere!

Successful Living Basic Training®



Back to Basics

Have you ever wondered why it seems so difficult to be happy, to get ahead, to feel satisfied? Human hard-wiring is designed to stay focused on the negative, to keep us safe and away from risk and danger. The result is that many people will stay in a known hell rather than risk an unknown heaven. Don't let that be you!

There are basic things that when you correctly practice and integrate them into your life, you'll find that the highs get higher and the lows get higher, leading you to the satisfaction and aliveness that are the fabric of life. This Seven Module Online Course offers a set of tools, simple and easy-to-use, that IF you use them, will get you through the tough times and increase the joy and frequency of the good times. Get a solid foundation under you AND have the tools for building a GREAT life on that foundation.

Learn the Basics of

- How the brain works
- Managing emotional flow
- Prosperity
- Relationships
- Creative self-expression
- Over 12 hours of Recorded Content
- Recommended Resources

Along with your online training you will get...

- 28 day system of simple actions to take to integrate what you learn in the Basic Training.
- Monthly coaching calls with other Basic Training graduates.
- A community of SLBT graduates you can access via a private online group.
- Opportunities to come back and staff SLBT weekends.



Click to grab your
Free e-book now at
successfullivingbasictraining.com

Duration: 7 Module Online Course
Location: Online
Leadership: Professional Leadership
Pre-Requisites: None-Open to men & women
Visit: mkpusa.org/successful-living



Noble Man Workshop

This workshop is for men committed to having a truly fulfilling life.
It's real, it's raw, and it'll rock your soul.



Be a Noble Man

The Nobel Man weekend is a workshop for men staffed and facilitated predominately by experienced women who will serve as your gateway to growth and transformation.

Noble Man is a three-and-a-half day workshop held in locations around the world. Through exercises, coaching, emotional exploration, and self-reflection, you will have the opportunity to develop true confidence, resolve relationship issues with others and with yourself, and discover authentic joy.

In just one weekend, you will learn to practice connection and communication, let go of feelings of incompetence and unworthiness, and heal patterns of disconnection and distrust. You will stretch and grow in a safe space led by a team of people who have done the work before you and understand its power to change lives. You will initiate actual, tangible changes in your life that will last long after the workshop is over.

At Noble Man, You Will

- Learn to speak authentically and communicate your needs in a healthy way
- Balance your need for control with your desire for vulnerability
- Express your innate masculine power while being emotionally open and present

Noble Man is your opportunity to heal past hurts and connect more intimately and powerfully with friends, colleagues and in relationships. It is your opportunity to find, connect, and surrender yourself to something greater and more meaningful than you ever imagined.

This is your chance to be heard, to be seen, and to be loved and appreciated for the powerful man you truly are.

Duration: 3.5 Days
Location: Retreat Center
Leadership: Professional Leadership
Pre-Requisites: None-Open to men
Visit: mkpusa.org/noble-man

Vision Quest

Deep awakening. A 9 day journey into the wilderness which includes a 3 day solo quest.



A Sacred Journey of Vision

There comes a time when you must leave family, friends and work behind and go off alone, looking within to discover your changes in the circle of life. An ancient ceremony, the Vision Quest (also called Vision Fast) enables men, women and youth to engage in a sacred journey: completion of an old life, movement through the threshold of the unknown, and return to the world reborn. People in any life stage or transition will find meaning in this powerful process.

These Vision Quests are designed for people living in our modern society, but incorporate universal elements of rites of passage from around the world. Guides for these special men's Vision Quests will also be New Warriors grounded in the archetypal frameworks of the ManKind Project.

"My experience has been so much more than I could ever have "conceived" or "planned" in my mind. It is truly through and from my heart that I will call and welcome those who are curious and inspired to do this process. It is powerful and transformative."

— John H.

What you'll experience:

Four Core Elements

- Solitude
- Immersion in Nature
- Fasting
- Community

The Journey

- Transition & Orientation
- The Solo
- The Night Vigil
- Return & Integration

Duration: 9 Days

Location: TBD

Leadership: Professional Leadership

Pre-Requisites: None-Open to men & women

Visit: mkpusa.org/vision-quest

The Next Step Training

A next step on your journey of healing and transformation; an integration of vision, action, and mission into your daily life.



Take a Next Step

The Next Step Training is open to men and women who regularly participate in peer-support circles such as I-Groups and E-Circles in which peer-facilitated processes occur.

In your initiation training, you may have been introduced to a deeper awareness of who you are, and how your life works and doesn't work. You may have learned how to sit in circle with your brothers and/or sisters, and own and embrace the shadows that are at play in your life. You may have tapped into something greater than yourself, discovered your own personal mission of service and chosen to take full responsibility for your life.

The Next Step Training is designed to be a deep dive into the integration of vision, mission, and action into your daily life; to take the catharsis of initiation and transform it into meaningful choices, habits, and actions to manifest your vision in the world. You will learn to change your life from the inside out.

Because the dynamic of the Training is improved by an even ratio between men and women, 15 spots are reserved for each sex. When those 15 spots have been sold a free "waitlist" ticket will be made available. If spots of either gender are open a week before the Next Step Training then those on the waitlist will be allowed to take the empty spots.

In this training you will:

- Discover a deeper mission and gain greater clarity on how you can live this mission in every aspect of your daily life.
- Go from owning and embracing your shadows to healing and transforming them into allies that support your mission.
- Learn powerful facilitation tools that can take your everyday experiences and weekly circle to a new level.
- Experience a step-by-step process of deep healing and learn to facilitate the same deep healing in others.
- Add a cognitive context for the work that aligns your head and your heart and adds a depth to your facilitation.
- Develop a Portal to your Inner World and take the next step on your inner world journey.
- Learn mastery of this Inner World, connect to resources and the parts of yourself that live there.
- Establish a base for your inner work where these parts can gather, work with each other and express your life.

Duration: 2.5 Days

Location: Retreat Center

Leadership: Professional Leadership

Pre-Requisites: None-Open to Men & Women

Visit: mkpusa.org/next-step

Animas Valley Institute

The nature-based journey of soul initiation is the way to personal revelation, visionary leadership, and cultural regeneration.

Guiding the descent to soul since 1980.



The Animas Quest

This contemporary Western embodiment of the ancient, pan-cultural vision fast is a dynamic wilderness rite for men and women seeking greater depth and clarity about life purpose and meaning. As a rite of initiation, the quest is a ceremonial descent to the underworld, in which you die to your familiar way of belonging to the world, uncover the passion and wisdom of your soul, and retrieve the gift that is yours alone to bring to the world.

The Animas Quest catalyzes the encounter with soul by temporarily displacing everyday consciousness through five primary means: (1) solitude for three or four days and nights while (2) fasting (i.e., drinking water only), (3) being fully exposed to and enfolded within the forms and forces of nature, (4) enacting a series of ceremonies, and (5) employing a set of practices (soulcraft) that support you in crossing into the mysteries of nature and psyche.

Most often, quests take place over a total of 11 days, 8-11 of which are spent in the wilderness. Preceding your time of solitude are five full days of preparation activities that enhance your ability to benefit from the fast.

The Quest Includes:

- Five preparation days together, during which we work with dreams, poetry, deep imagery, ceremonial drumming and dance, dialogues with nature, the way of council, and other practices to help us slip out the door of our everyday lives.
- Three days and nights solo, the heart of the quest, without human companionship in nature, fasting, engaging in personal ceremonies, saying yes to the mysteries of soul, tending the true mythos of your life, praising and grieving, and birthing a vision.
- Three days of reincorporation, upon your return to base camp, there are activities, preparing you to embody among your people what you received on your fast. The last of these three days takes place back at the retreat center or car-camp.
- NO previous backpacking experience is required.
- Participants are responsible for their personal camping gear, 3-7 personal lunches, and personal snacks.

Duration: 11 Days

Location: TBD

Leadership: Professional Leadership

Pre-Requisites: None-Open to men & women

Visit: mkpusa.org/animas

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Wild Mind for Warriors

Based on Bill Plotkin’s book, *Wild Mind: A Field Guide to the Human Psyche*, this 5-day intensive is an experiential exploration of our human psyches as unique expressions of the universal forces and patterns of nature. Working with what the Nature-Based Map of the Human Psyche, which is, among other things, a comprehensive inventory of what can be right about a person, a “shadow” version of the Diagnostic and Statistical Manual (DSM), mainstream psychology’s list of what can go wrong with people.

Our wild minds possess astonishing resources, untapped potentials and depths that we might not even know exist until we discover how to access them, cultivate their powers, and eventually integrate them into our everyday lives. In this intensive, we’ll access these depths and potentials — which we call the four facets of the Self, or the four dimensions of our innate human wholeness — and also the four sets of fragmented or wounded subpersonalities that form during childhood. Our goal is to fully embody our multifaceted wild minds, commit ourselves to the largest, soul-infused story we’re capable of living, and serve the greater Earth community.

Discover

- How to recognize and consciously cultivate the four facets of the Self — your innate human wholeness
- How to identify the subpersonalities that supported you in childhood and adolescence, but ultimately became barriers to your full and authentic humanity
- Practices and guidelines for cultivating relationships between the Self and your subpersonalities, enabling you to heal your subpersonalities, discover their gifts, and foster Self-actualization
- How each facet of the Self provides essential resources for the underworld journey (the descent to soul), its radical transformation of personal identity, and for living as a visionary.

Explore the landscape of the psyche through a variety of practices, including creative expression, self-designed ceremony, solo exercises while wandering on the land, group work, movement, voice dialogue, journaling, and deep imagery work.

Duration: 5 Days
Location: TBD
Leadership: Professional Leadership
Pre-Requisites: NWTA
Visit: mkpusa.org/animas

Animas Valley Institute

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Guiding the descent to soul since 1980.



SoulCraft Intensive

Based on Bill Plotkin's book *Soulcraft: Crossing Into the Mysteries of Nature and Psyche*. The Soulcraft Intensive is a five-day experiential plunge into the wild depths of Soulcraft; a synergistic set of nature-based practices designed to evoke the life-shifting experience of soul encounter.

Soulcraft practices spring from nature-based cultures, modern depth psychology, the poetic tradition, and wilderness rites of passage—to comprise a truly contemporary Western path to soul discovery and soul initiation. Alternates between practices utilized in group, practices explored in solitude in nature, and sharing and deepening those experiences in small groups. By the end of the intensive, you will understand yourself and your place in the world from a more soul-oriented perspective, be clearer about the gifts you were born to bring to the world, and have new skills to enrich your life and to defend the health of the more-than-human world.

"The Soulcraft seminar with Bill Plotkin is some of the deepest and most profound work I have ever experienced. I am still in awe of the results that can be achieved when you enlist the collective unconscious and Mother Nature to guide you to your core. Bill and his crew are the ultimate facilitators for this process."

—Anita

Practices Include:

- Soulcentric Dreamwork
- Deep Imagery Work with Animal Guides
- Talking Across the Species Boundaries
- The Way of Council
- Soul Tasks in Nature
- Self-Designed Ceremony
- Shadow Work
- Soul Poetry
- Sacred Wound Work
- Synchronicities: Working with Nature's Signs & Omens
- Befriending the Dark
- Ecstatic Trance Drumming and Dancing

Duration: 5 Days

Location: TBD

Leadership: Professional Leadership

Pre-Requisites: None-Open to men & women

Visit: mkpusa.org/animas



T H E
ManKind Project[®]

FOR MORE INFORMATION AND COURSE OFFERINGS

Call: 1-800-870-4611

outreach@mkp.org

mkpusa.org/training-catalog