

ONLINE & IN-PERSON PROGRAMS FOR MEN & WOMEN

THE
ManKindProject[®]
U S A

Program Catalog

2020

Welcome to the ManKind Project

THERE ARE A NUMBER OF WAYS TO BEGIN A JOURNEY OF SELF-DISCOVERY WITH THE MANKIND PROJECT.

This catalog is a snapshot of our current offerings – all the programs we’ve created and a number of affiliations and partnerships that we’ve developed with other organizations.

PROGRAMS ARE SORTED IN SEVERAL WAYS

Whether they are for men only or mixed gender. Whether they are open to all or require a prerequisite. Whether they are online, in-person, or both. Please see the key to the colors that we use in this document.

We hope that you’ll find the catalog useful as a path for starting and continuing your ManKind Project journey.

IN-PERSON PROGRAMS

ONLINE PROGRAMS

ONLINE & IN-PERSON PROGRAMS

Here are a few possible pathways that may help you chart a course through our programs. Though most of the programs stand alone, many men continue their personal development over time.

FOR A MAN JUST GETTING STARTED

- ▶ The Men’s Work
- ▶ Open Men’s Group
- ▶ New Warrior Training Adventure
- ▶ I-Group
- ▶ After the Adventure
- ▶ PIT
- ▶ PIT2020
- ▶ Introduction to Cultural Competency
- ▶ Cultural Competency Training
- ▶ Advanced Trainings

LIFE SKILLS & BEHAVIOR CHANGE

- ▶ Successful Living Basic Training
- ▶ The Men’s Work
- ▶ Open Men’s Group
- ▶ Cultural Competency Training
- ▶ Integral Thinking
- ▶ Living Through Disruption

DEEPENING THE WORK

- ▶ Advanced Trainings
- ▶ Integral Thinking
- ▶ Next Step Training
- ▶ COR Noble Man

INTERESTED IN LEADERSHIP TRAINING

- ▶ IGFT
- ▶ ST1, ST2
- ▶ LT1, LT2, LT3
- ▶ GUTS

INTERESTED IN PEER SUPPORT GROUPS

- ▶ Open Men’s Group
- ▶ PIT
- ▶ IGFT
- ▶ Online I-Group Leader Training

WORKING ON YOUR RELATIONSHIP

- ▶ GERI
- ▶ A Couples Weekend
- ▶ RISC Course
- ▶ COR Noble Man

Program Offerings

IN-PERSON PROGRAMS

ONLINE PROGRAMS

ONLINE & IN-PERSON PROGRAMS

The ManKind Project started with a single training in 1985 ... the Wild Man Weekend. That single offering evolved into the New Warrior Training Adventure, one of most widely respected and well known men's personal development experiences in the world. Over 70,000 men from around the globe have taken our flagship training, and the ManKind Project has independent training centers in 14 Regions. All our regions are not for profit organizations operating to serve and enrich our communities. We are a men's community for the 21st Century, supporting men to lead lives, authenticity, and service.

Today, 35 years later, the ManKind Project USA has expanded our offerings to include offerings geared to specific skills, to life stages, for men alone and for men and women together. All our offerings, whether created by MKP USA or offered in partnership with another personal development organization, are in alignment with our mission and values.

We believe that emotionally mature, powerful, compassionate, and purpose-driven men will help heal some of our society's deepest wounds. We support the powerful brilliance of men and we are willing to look at, and take full responsibility for, the pain we are also capable of creating – and suffering. We care deeply about men, our families, communities, and the planet.

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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

the Men's Work

from the **ManKindProject**® USA

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



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

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	None	3 90-minute live sessions	Zoom Meetings	mkpusa.org/themenswork

Open Men's Groups

An facilitated peer-support group for any man wanting to build community, deepen self-awareness, and improve relationships.



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 Groups

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 NWT.A.

VIRTUAL INTEGRATION GROUPS For men who have completed the NWT.A, 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.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	None	2-3 hours	Zoom Meetings	mkpusa.org/mens-group/

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.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	None	48 hours	Private Facility	mankindproject.org/nwta-location-times/

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

Download the
Hero's Journey
Infographic

After the Adventure

A one-night online event to reflect, integrate, and connect after your Hero's Journey. Circle up with your Brothers to tell the tale of your adventure.



An Evening of Connection

Guided by men who staffed the weekend, this program is a space for New Brothers to debrief, ask questions, get support, and anchor their experience. It will also help New Brothers identify appropriate next steps for themselves in their lives and in the MKP community.

The Gold You'll Receive

- Hear more about the theory, practice, and philosophy of the NWTA
- Connect with your brothers about the rhythm of reintegration into the world after the weekend
- Claim your space and your gold with men who you shared the carpet with
- Learn more about the opportunities of lifelong community with the ManKind Project

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA	1 evening after NWTA	Zoom Meetings	mkpusa.org/after-the-adventure/

Primary Integration Training

The essentials of being part of a ManKind Project in-person Integration Group for men who have completed the New Warrior Training Adventure.



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

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA	2 days or 8-10 weekly sessions	Local Facility	mkpusa.org/pit/

PIT 2020

Primary Integration Training, updated and available as an 8-week online course.



Primary Integration Training

PIT 2020 Online is a fully revised ONLINE version of the Primary Integration Training that has been a cornerstone of building and strengthening I-Groups for nearly 30 years. This version of the PIT contains the most powerful processes and exercises of the PIT presented over 8 online sessions, with a rich array of resources, videos, reading, and exercises to keep you growing and learning – in multiple learning styles.

This updated version of this flagship for men’s groups is part of the series of trainings in the Core Training Series: After the Adventure, PIT 2020 (Integration & Circle Skills), the I-Group Facilitation Training (IGFT), and the Online I-Group Leadership Training (OIGLT).

Embarking on a committed journey of growth with a group of men is challenging and exciting. It’s a tremendous opportunity to deepen your self-awareness and build bonds that can last a lifetime.

What you’ll learn

INTEGRATION

- Look again at some of the transformations of the NWTA in a new light.
- Practice key I-Group processes in each Round: Checking In, the Shield, Accountability, Clearings, the ‘Work Round,’ and Closing the Circle

CIRCLE SKILLS

- Learn the full Framework for running a 4-round I-Group from start to finish
- Groundwork for creating a safe and brave space for including men from different backgrounds.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA	8 weekly live sessions / 150 min each	Zoom Meetings	mkpusa.org/pit2020

Integration Groups

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

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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.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA	Weekly or Bi-Monthly	Local Facility	mkpconnect.org/iginfo/search

I-Group Facilitation 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.



I-Group Facilitation Training IGFT

An advanced training for facilitating highly effective men's support groups. Expands on the material taught in the Primary Integration Training, offering men additional tools and practices for creating effective spaces for personal development work. Practice your facilitation skills in eight processes, being the facilitator, being facilitated and being an observer.

The IGFT is process driven. Participants will leave this training with a much deeper understanding of how to adapt and use a few processes to achieve results in working with men on a broad array of issues. This training is right for you if you are looking to up your game in facilitation and gain confidence in your ability to lead.

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
- Loving yourself and others

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA, PIT	4 4.5-hour sessions	Private Facility	mkpusa.org/igft

Online I-Group Leader 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.



Online I-Group Leader Training

Develop the tools to create and lead I-Groups with an emphasis on safety and best practices. This is a 5-week experiential course to develop and enhance your leadership skills in the online realm. You'll be with a tight knit group of men sharing the process and learning from one another.

Develop skills Focused On

- Experience of Kingship/Sovereign in Online Leadership
- Group agreements trust /Building a safe digital container
- Influence the flow and focus of an I-Group
- Time management
- Warrior Communication

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA	2.5 days	Private Facility	https://mkpconnect.org/iginfo/search

Staff Training 1

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

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

- To teach the basic theory, structure, flow, purpose and ideals of the nwt weekends.
- To help men learn and practice skills that will enhance their staffing ability. The skills taught are appropriate for a junior staff man.
- To strengthen facilitation skills to take back to a man's i-group.
- To begin the leadership training process.
- Introduce mkp core values with an emphasis on respect through multicultural awareness of power, privilege and difference.
- To teach and set the tone of a nwt and a man holding warrior fierceness through the nwt. To teach about the archetypes.
- To teach about Shadow awareness and Shadow watching.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA, PIT	1.5 days	Private Facility	mkpusa.org/st1

Staff Training 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?



The Mind of the Facilitator

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 NWTa”

What You Will Learn

- Practice and learn deep process awareness in 3 key areas: Multicultural Awareness, GUTS Facilitation - ‘20 minutes on an NWTa GUTS,’ and an Evolved Clearing Model.
- Learn the Arc of a GUTS Process. How to begin. How to stay on track. How to quickly interpret emotional cues. And how to reach a powerful and integrated conclusion.
- Follow the ‘Four Quarters Roadmap’ for GUTS and quickly determine what process to use, and when to use advanced processes.
- Explore and practice a simple and concise model for facilitation to use in any container.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTa	1.5 days	Private Facility	mkpusa.org/st2

GUTS Training

Learn the basic theory, structure and flow of NWTA 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 NWTA 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.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA	2.5 days	Private Facility	mkpusa.org/guts

Leadership Training 1

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.

What You Will Learn

- See a ‘positive demonstration’ of important NWTa processes and discuss what happened. Create step by step instructions. Practice skills. Learn by using the “Feedback Loop” process.
- Harness your brilliance and present a visualization by telling a story from your life, and receive participant and Leader feedback.
- Create a Cock Talk 2 Process and lead it.
- Address the subject of Heterosexism through the “12 Questions in 12 Minutes” process.
- 7 week integration: Courts of Support

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA, PIT, LT1, LT2, LT3	2.5 days	Private Facility	mkpusa.org/lt1

Leadership Training 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?



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.

What You Will Learn

- Master the Accountability process with Feedback loops
- Learn the Money Shadow Process, and the Lifeboat Process, two powerful tools to have in your bucket
- Refocus on your personal Mission and create a space for personal growth with SMART Goals
- Explore the topic of Classism/Elitism in the multicultural segment of the training.
- 7 Week Integration: Whatever it Takes (WIT) Group

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA, PIT, LT1, LT2, LT3	2.5 days	Private Facility	mkpusa.org/lt2

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.

What You Will Learn

- 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

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	NWTA, PIT, LT1, LT2, LT3	2.5 days	Private Facility	mkpusa.org/lt3

Intro. to Multicultural Leadership

Learn cultural and group dynamics and essential skills:
Color and Race, Sexual Orientation, Class, Religion, Gender & More!



Organization & Community Leadership 103

Provides language and concepts to integrate what you already know about working with group differences while extending your knowledge and skills. Participants will learn a general multicultural process model and receive specific consultation on challenges as they share examples from their organizations.

Who Should Attend

For existing and emerging leaders interested in developing greater intercultural fluency. It is open to members of the initiated communities (including MKP, MDI, Women Within, Women in Power, Braveheart Women) and their invited guests.

What To Expect

- An adult learning model utilizing cognitive, affective & behavioral methods
- A common conceptual framework and language based on the VISIONS® model
- Opportunities to explore your cultural identity, assumptions, strengths, and areas for growth
- Guidelines for Group Dialogue to create professional courtesy and respect

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	None	2 days	Private Facility	mkpusa.org/intro-multicultural-leadership/

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 one-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

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	None	1 day	Private Facility	mkpusa.org/isms

Intro to Intercultural Competency

Talking About Our Differences and Connecting Across the Spectrum of Diversity



Talking about our differences

Everyone wants to be seen, respected, and understood. There is a lot that can get in the way of meeting these basic human desires. Our differences can be a source of conflict, or they can be a source of energy and creativity to bring us together.

Introduction to Intercultural Competency: Talking About Our Differences is a two-hour introduction to language and skills, and will help you with compassionate and respectful communication in diverse groups of people. This live online training is a foundation for interacting and communicating with different cultural groups, starting with understanding your own.

This program is just a starting point. The emphasis throughout this two hours is 'No Shame, No Blame,' and listening to learn. Intercultural Competency, like MKP's other core values, is not a destination. It's a lifelong practice to learn more about culture and how to create and maintain relationships across cultures.

Basic Skills you'll learn:

- Recognizing cultural identities in self and others
- Participating constructively in cultural conversations
- Modeling learning about cultural differences
- Forming mutual empowering relationships across cultural lines

You'll also learn the basics of the Visions Model. Visions helps establish an environment where differences can be addressed and discussed in a way that builds understanding and collaboration. MKP has used Visions for Cultural Competency training for well over a decade.

This program is for you if....

- You serve in a role in MKP
- You want to understand yourself better in relation to your cultural identity
- You're curious and ready to learn about other cultures
- You have not yet learned about the Visions Model

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	None	2 hours	Zoom Meeting	https://mkpusa.org/intercultural

UNPACKING

Power, Privilege, and Difference



Embracing Differences for Advocacy and Empowerment

Are you ready to lean into some brave space? This course is for anyone looking to build intercultural competency skills, gain deeper self-awareness, and build broader compassion and connection with others. In this online expansion of the Isms & Issues training based on the 'Visions' model for multicultural work, we are setting out to learn a model of multicultural awareness and to provide a common language and common ground for respectful dialog and relationships.

We do this so we can have meaningful and heart-felt discourse on a range of important issues including racism, classism, sexism, homophobia and transphobia, ableism, ageism and more.

What You'll Get

- Context for understanding multicultural work
- Leaning in to how the "isms" live in our bodies
- A deep dive into our own identities
- A useful toolkit to have in daily interactions
- Models for behaviors to be an Ally and Advocate

This 5 Week Online Course is taught live by a diverse group of co-facilitators who have lived and worked in multicultural learning environments for decades. Each course session is designed to create as much diversity and safety as possible for all participants.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	NWTA / WW / HER	5-week live course	Online Course	mkpusa.org/unpacking/

Integral Thinking

A One Night Online Event to reflect, integrate, and connect after your Hero's Journey.
Circle up with your Brothers to tell the tale of your adventure.



Integral Thinking

As a New Warrior, incorporating Integral Thinking into your life could be your next challenge and opportunity to make an even greater difference in the world. This self-paced online course gives you tools to make more sense of the world while guiding you to greater levels of personal development.

The weekend gave you a new perspective of yourself and your relationship to others. This Integral Thinking course offers you the ability to take the next steps to becoming a man whose very presence can powerfully impact others and the outcomes for many.

Integral Thinking is for New Warriors who are ready and open to seeing the world in a way that empowers them and everyone they come into contact with.

Five Key Parts of Integral Thinking

1. Quadrants: Four simultaneous perspectives
2. Levels: Stages of personal and cultural development
3. Lines: Multiple "intelligences," each developing independently through the Levels
4. States: Non-linear, non-reducible qualities of experience
5. Types: Category maps for items that can be present at virtually any Stage or State

Taken together, these elements make up what Wilber calls the AQAL model, standing as a shorthand acronym for All Quadrants, All Levels, All Lines, All States, All Types and intended to be a reminder that every experience must be viewed with all these elements in mind.

What You Will Get

- Seven self-paced video sessions
- Comprehensive course workbook

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	None	7 self-paced video sessions	Online Course	integral.mkpusa.org/

the Men's Work
CROSSROADS

Every day you awaken with profound choices about the kind of man you will be and the kind of world you will create.



Are you skating through life?

Is there a gap between who you say you are, or who you think you are, and how you actually show up.

Through a clutter of conflicts ... through the lens of your next tasks ... through the tyranny of timelines and to-dos ... many of us lose sight of our power to create and impact our worlds.

And it shows: Depression and anxiety are at an all time high in men. Suicide is a silent epidemic impacting men across all ages and backgrounds. Outside our doors, communities and institutions are struggling, beyond our immediate view the environment is under assault.

There is something you can do. Leverage your learning from the Men's Work and turn it into permanent transformation.

GO FROM TOUCHING ON A NEW WAY OF BEING ... to seeing, being, and living from your authentic values and core beliefs. Figure out what's been getting in the way of you moving forward in your life and take tangible steps to building the world you want.

What you'll get

- Framework for fundamental habit formation
- A way to evaluate your choices and impacts
- Insight into how your perceptions shape your outcomes
- A confrontation with self at the Crossroads
- Core Value Integration & Code of Conduct
- Wisdom from your Gold & Shadow

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	Men's Work Intro	6-week live course	Zoom Meetings	mkpusa.org/crossroads/

the Men's Work
LIVING THROUGH DISRUPTION

We're all feeling it. Many of us are clinging desperately to the way it used to be, wishing we could make this all go away. In the back of our minds, we know things are never going to be the same.



Navigating Life in a New Frontier

Things have already changed. Navigating the dark night of our times, and embracing the disruption to create new pathways for personal transformation and adaptation is a revolutionary act. This is the time to meet uncertainty with courage and resolve, and your choice to participate in "Living with Disruption" will equip you with new ways to meet the challenge of today.

Strange Times in a New Land

Are there ways your life has become strange and frustrating? You can try to hold on to the old ways that no longer work, or you can choose TRANSFORMATION and change your life for the better.

It's an inner transformation that allows us to understand and operate in the NEW WORLD. Waking up in the morning expecting that somehow, things will get back to normal. And in the still of the night, in the depths of our bellies, we know we're not going back

It's Time for a New Map

This is a unique time for men, the will to transform and stretch into difficulty is not always present. Use this difficulty in your life to revise your LIFE MAP and create your adaptive and evolved future.

THE MANKIND PROJECT has been providing life transforming experiences to tens of thousands of men for 35 years. This SEVEN WEEK ADVENTURE into your evolution during disruptive times is no exception. As a participant in this course, you will:

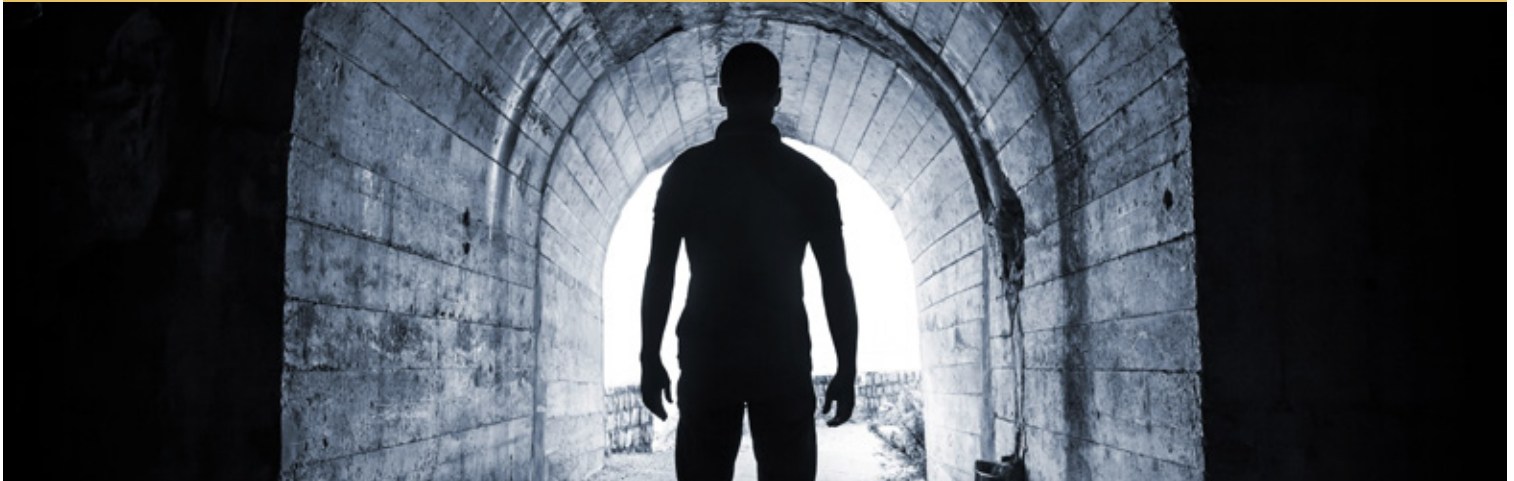
- IDENTIFY which life strategies have served you and which need adaptation
- EXPLORE sources of strength and direction when the edge of difficulty presents itself
- ENHANCE your capacity to travel without a map in new territory (descent, grief)
- EMBRACE disruption to reinvent yourself to create the life of your dreams

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	None	7 weekly live sessions	Zoom Meetings	livingthroughdisruption.org/

the Men's Work

IMPACT

Change the Way You IMPACT the World. A Course Designed for MEN Ages 18-39



The World That Our Parents Were Born Into No Longer Exists

It's time to let go of what was, to step up and step past it. It's time to look to the horizon and confront the enormity of the journey before us – both in its invitation to greatness, and with the natural fear of uncertainty & paradox. In order to make the impact we're here to make, we know we'll need to answer a really uncomfortable call to adventure.

As men who grew up in the 1990s and 2000s, we are the first generations in history to mature in a world saturated in digital media. It's a world of appearances, of maintaining a persona to avoid being known. We're saturated in advertising, porn, and conspicuous consumption.

Want To Be More Powerful?

It feels like the world is crumbling. We don't feel good about it. This is a time for us to create what hasn't been created before.

It's time to harness our minds and to tap into our collective wisdom. Our bodies don't distinguish between fear and excitement – so let's use our gifts to make this a time of exciting possibilities. There is a revelation waiting. And that's what the IMPACT Course is about.

THE ROAD MAP TO A NEW WORLD

- Pinpoint where you are in these times
- Enlightened Masculinity
- Healthy Shame vs. Toxic Shame
- Power of Responsibility
- Transformed Relationships with Women
- Nudity, Porn, and Sex
- Bringing It All Together

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	None	7-week live course	Zoom Meetings	mkpusa.org/impact/

Power of 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
Ken Wilbur
Janet Attwood
John Gray
Tim Kelly
Chris Attwood
Charles Eisenstein
Clair Zammit
Ashanto Branah
Arjuna Ardagh

John Wood
Richard Leider
Michael Taylor
Susan Bratton
Mike Robbins
Amy Ahlers
Rich Tosi
Char Tosi
Bill Plotkin
Zhenya Muzyka

David Hopkins
David Fabricius
Bill Kauth &
Zoe Alowan
Jenny Saur-Klein
Dale Herink
Andrew Hewitt
Adam Gilad
Craig Hamilton
Lion Goodman

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	None	Self-paced	Digital Download	mkppop.mkp.org/

Man On Purpose

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



Man on Purpose 7-Week Essential Course for Men

Come on a profound Hero's Journey to discover your 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

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	None	7-self-guided sessions	Online Course	manonpurposecourse.com/blueprint/

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

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	None	7 week self-paced course	Online Course	theriscourse.com/

Gender Equity & Reconciliation International

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

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	None	4 Days	Residential	mkpusa.org/gender-reconciliation/

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.

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

"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

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	None	3 days	Retreat Center	https://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.



Go to successfullivingbasictraining.com to grab your Free e-book now!

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.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	Various	7 self-paced video sessions	Online Course	successfullivingbasictraining.com/

Core Map Type Assessment

A personal assessment tool designed to provide deep, broad, and accurate analyses to get past conditioned perceptions and behaviors and reveal natural traits and abilities unique to you.



Learn more about who you are

With CORE MAP, you have an accurate blueprint. It provides a baseline to build from and a highly accurate picture of natural abilities and talents, as well as the degree to which natural abilities and talents are developed or need to be developed. This baseline acts as a blueprint from which an individual can build a successful, fully functioning life much like a builder’s blueprint aids a builder in creating a beautiful, fully functioning building.

Because CORE MAP is an integrated system that measures from many angles and systematically integrates all the measures, it goes far beyond what other assessments are capable of. CORE MAP looks deeply enough to measure and predict development levels, reactionary patterns, coping patterns, emotional intelligence and current capacity in very specific ways. The result is a very in-depth and accurate picture, not just of who you believe you are, but of what you have actually developed, how effectively you are using each trait set, and what to further develop to reach your highest potential.

Strengths of CORE MAP

- CORE assessments have many strengths which cannot be found anywhere else. Besides being a fully integrated system, CORE MAP:
- Measures across the entire spectrum of human behaviors
- Provides deep insights into how each of the behaviors has developed and is currently being used
- Provides deep, broad, highly accurate analyses of natural traits and abilities
- Reveals development levels and reactionary patterns
- Measures emotional intelligence in specific areas
- Cannot be skewed without detection so results are highly reliable and accurate

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	None	Online Assessment	Online Assessment	coremap.com/coach-preview.htm

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.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Mixed Gender	None	2.5 days	Private Facility	mkpusa.org/next-step/

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 Noble 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.

AUDIENCE	PREREQUISITES	DURATION	LOCATION	REGISTRATION
Men	None	3.5 days	So California / Residential	coreexperience.com/

T H E
ManKind Project[®]

FOR MORE INFORMATION AND COURSE OFFERINGS

Call: 1-800-870-4611
outreach@mkp.org
mkpusa.org/training-catalog