

## Essentially Men Network

Our purpose is to connect and inspire men. Our approach is experiential, holistic and 100% New Zealand-grown in response to the needs and diversity of men in New Zealand. We conduct events for men of all ages and foster an ethos of men supporting each other within the context of their whanau and community. We encourage community development, a culture of service, and respect for women. The work is guided by the Essentially Men Education Trust, a registered Charitable Trust funded by course fees, donations and community grants.

Visit [www.essentiallymen.net](http://www.essentiallymen.net)



### Weekend Course Days and Times: (end times are approx.)

<b>Friday Evening</b>	7.00pm – 11.00pm
<b>Saturday</b>	9.30am – 11.00pm
<b>Sunday</b>	9.30am – 10.00pm
<b>Tuesday Evening</b>	7.00pm – 10.00pm

Following on from the Tuesday evening follow up, a support group will meet for 6 weeks on Tuesdays from 7pm - 9.30pm.

### Course Details:

Visit our website ([www.essentiallymen.net](http://www.essentiallymen.net)) for course dates and costs including discounts for early payment, Student ID, Gold Card and Community Services Card.

### How to Register:

You can register and pay online at [www.essentiallymen.net](http://www.essentiallymen.net)

Please note: there are a limited number of places on each course and there is sometimes a waiting list.

**Register today to secure your place.**



### **Men Said:**

- *“This should be publicly funded and compulsory for all men.”*
- *“This weekend has given me the clarity I was seeking on being a man. I now have a new found hope and purpose for the future.”*
- *“I cannot express in words what power you have given me, nor how thankful I am. My family, partner & kids thank you for helping them get the man/father they wanted and deserved.”*
- *“The amazing effect on me and my relationship with others has to be experienced to be believed. Beyond doubt the best thing I have ever done for myself and my loved ones.”*
- *“I came to Essentially Men to save my marriage but I think you saved my life!”*
- *“Essentially Men for me has been the beginning of a new chapter in my life. I not only learned about myself and how to process some of the problems in my life; but gave my existence context in a community environment. I recommend it to anyone who wishes to discover themselves, and my only advice is to keep your mind open, and yourself present in the moment.”*
- *“This course gave to me something I have felt has been missing in my life. Like a jigsaw bit that finally gets a whole section working. Some clarity, some acceptance and just feeling like you are OK. The feeling of brotherhood is unforgettable.”*

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**ENQUIRIES**

**09 376 2386**

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**Essentially Men Education Trust**

**info@essentiallymen.net**

**PO Box 62, Tokoroa 3444**

[www.essentiallymen.net](http://www.essentiallymen.net)

# MEN REAL BEING REAL



connecting  
head and heart

## better partner, father and man



## Get more from your life

Essentially Men is for any man who knows he could get more out of life. Whether your life is working well or you have some things to sort out, you will find this weekend workshop a powerful journey of personal discovery.

If you are exploring your sexuality or gender you are welcome no matter where you may be at in your personal discovery.

## What is it to be a man?

Sometimes in the cycle of living, loving and just plain surviving we men can lose ourselves. Complex events, relationships, parenting, life transitions, difficult emotions, or dull routine can leave us feeling disconnected, isolated and dissatisfied. Traditionally our culture calls on men to be strong – providers, protectors and achievers; and at the same time we are expected to be loving and emotionally available. We may admire the deeper friendships women seem to have but often don't know how to create the same for ourselves.

There is another way. The codes of masculinity are changing and men are learning to go beyond the traditional mateship of pubs, clubs and sports. Increasingly men are getting together to examine who they are and what's important to them. In a safe environment you can explore the diversity that is available to men in today's society. In this process we are undergoing a powerful transformation.

## Men being real

When men come together in a group with the agreement to create safety and let down our guards, we can drop beneath the surface of our feelings in a way not normally allowed for men. We can attend to the memories with our fathers, mothers and significant others, which affect the way we relate in our present lives.

## The Essentially Men weekend course

Thousands of men from all over New Zealand and from all walks of life have found this outstanding programme a powerful catalyst for renewal and change. You will deeply understand yourself and will leave with the freedom to be the authentic you. This is a potent experience that will wake you up, give you skills, and change your life.



## 8 reasons it makes sense:

1. Keep your life on track with a whole new set of skills.
2. Expand your sense of self and gain inner direction.
3. Improve your ability to express feelings and relate to loved ones.
4. Learn how to break patterns that are holding you back.
5. Develop confidence and self-acceptance in navigating change and transition.
6. Become a better partner, father and man.
7. Foster your emotional and mental health
8. Feel valued, honoured, loved and understood.

As a bonus, the benefits of your weekend can be sustained through connection, encouragement and growth with other good men you will meet.

## Your leadership team

The Men Being Real workshop is led by a highly experienced team of men who have skills in working with men from all walks of life. They are part of the Essentially Men network and know from experience what men may be challenged by when attending this transformative workshop.



## Supporting the changes

Following on from the weekend workshop you'll have the opportunity to attend what is called an Integration group, one evening per week over a period of 6 weeks.

### Integration will:

- reinforce personal insights and changes you want to make from the weekend
- provide an environment in which to practice new communication skills introduced on the weekend
- deepen friendships and connections with other like-minded men
- create a personal support group to foster the giving and receiving of support
- integrate the learning and experiences of the weekend into everyday life.

Other options will be available for those unable to attend the Integration evenings.

This programme is facilitated by men from the Essentially Men network and is free to men who have attended the weekend workshop.