

Do you find some emotions difficult?

Perhaps you feel that buried inside you is burning anger, or sadness, or a lack of self-worth. Or maybe you don't really feel anything - just a bit numb or dead inside. It can be really hard to know how to handle these sorts of emotions. We know what that is like. And this course is designed to help with that.

One of the key questions of the course is "what does it mean to be a man?" It's a surprisingly tough question to answer these days. And there are a lot of bad answers too. It can feel like there isn't a map on how to be a man in the world - no common points in the journey to adulthood. Nothing magic happens to us when we turn 18, or 21, or ever. So what does it actually mean?

We think part of being a man is learning to connect to yourself and your inner strength and power. If the words "inner strength and power" don't mean anything to you - we totally understand that. Murray and I are young men too, and have had our fair share of shit to deal with in our lives - both internal and external! But there are some tools that have helped me handle my emotions more than anything else has. These are the tools we will be exploring on this course.

If you're looking for a clear, dictated answer, you probably won't find it here. What you WILL find is a series of processes that aim to help you leave with:

- A deeper understanding of yourself and your relationship to others
- An ability to stand independently in the world and stay true to yourself
- A clearer sense of direction and what guides your life

It is definitely an ongoing journey to discover what it means to stand as men in the world; it's a journey we'd like to invite you on.

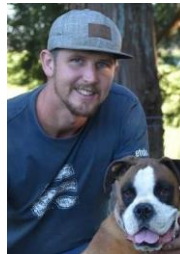
## Meet your leaders



**Joel**

I have been involved in the Essentially Men network for the last two years, participating in multiple workshops for my own inner work and development. I have also undertaken Essentially Men directed training and enjoyed volunteering on several service teams. Through this empowering work, I am discovering what it means for me to be a man who is meaningfully connected with myself and with others.

Together with Murray, I'm excited to bring the good work of Essentially Men to you. Young Men Being Real is a course with a careful thought and clear intention. Our journey over these three days is designed to help facilitate a crucial discovery in us both: what would it look like if I emerged into a strong and connected man? It's going to be wild, fun, and powerful.



**Jack (Murray)**

Essentially Men has been a central part of my growth and transition to manhood over the past five years; first hearing the call to our site at Karanga Camp at the ripe age of 24.

Since then I have been involved in numerous weekend and week-long programs, facilitation training opportunities, and gatherings within the network; and I have been privileged to be accompanied by this community of men as I have step into leadership and autonomy in different parts of my own life.

Alongside my rich connection with Essentially Men, I have worked in Youth Justice, developing and facilitating programs for young men caught up in the criminal justice system, and have also worked with adult men reintegrating back into the community from significant prison sentences. Other key networks that have supported and enriched my personal growth include the Radical Faeries NZ, and Co-Counselling NZ. I get excited by robust authentic connections, radical and playful self-expression, and the opportunity to grow in community with others.

Alongside Joel, I am excited to be offering this program to you, where I know we will delve deep and unearth the seeking and questing that is waiting to be awoken in each of us.

### VENUE:

**Camp Karanga, 79 TE HENGA RD, SWANSON, WAITAKERE.**

More details will be provided on the venue once you have registered.



**What to bring:**

- A pillow, Bedding, and sheets (the Centre provides mattresses).
- Towel, toiletries.
- Comfortable indoor clothes. And warm clothes for sitting around an outdoor fire in the evening (weather permitting) and possibly walking in the beautiful bush surrounds.

**What not to bring:**

- Any Drugs and alcohol.
- Any technology – phones can be brought and need to be turned off during our time together.

**Bring Food to Share:**

Bring with you a generous dish of food enough to feed about 8 young men for a lunch or dinner. Breakfast, tea, coffee and snacks will be provided.

The Centre has a large kitchen, fridges, and lots of pots and pans and cooking utensils. So we can bring pre-made dishes or ingredients to cook (but ideally not things that will keep us in the kitchen for too long).

They have a freezer, so let us know if you plan to bring frozen things and we'll ensure we can fit it in.

Meat dishes are fine, and vegetarian dishes even better so we can include everyone.

Some ideas for the kind of thing to bring:

- Salads
- Hearty winter food like casseroles, stews, curries etc.
- Frozen pizzas and other cookable dishes
- Healthy bread and some spreads
- Pasta with a sauce (fine to bring tinned stuff)
- Fruit

**YMBR**

First Name: \_\_\_\_\_

Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Postcode: \_\_\_\_\_

Phone : Home: \_\_\_\_\_

Work: \_\_\_\_\_

Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

- \$50 Deposit
- Early Bird \$175 (if paid one month before event)
- Full payment \$190

*For young men who are keen to come but experiencing financial hardship, please contact Jon Brewerton to discuss subsidy options.*

I enclose \$.....

I have paid by internet banking \$.....

Essentially Men Account: ASB 12 3049 0104234 00

Particulars: Initial & Surname Code: YMBR21

Register and pay online: [www.essentiallymen.net](http://www.essentiallymen.net)



P. O. Box 62  
Tokoroa 3444  
T: 09 376 2386  
E: info@essentiallymen.net

Essentially Men Education Trust present:

# YOUNG MEN BEING REAL



**1 – 4 July 2021**

**A call to purpose**

**For 18 – 25 year olds**

**A longer weekend of deep inner understanding and direction.**