

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 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 food like casseroles, stews, curries etc.
- Anything homemade to heat
- Pasta with a sauce (fine to bring tinned stuff)
- Fruit

Facilitation Training

First Name: _____

Last Name: _____

Address: _____

Postcode: _____

Phone: Home: _____

Mobile: _____

Email: _____

Funding for this course is organised differently to all Essentially Men's other course offerings. This particular course has already been paid for by men who attended the last training course.

After the course we advise men the cost of sending another man to the next course, and if they have found value in attending and think another man will find benefit from this process, then they can pay for another man or men to attend, depending on their ability to sponsor another.

At that time if you feel there is value then you can provide funds to: Essentially Men Account: ASB 12 3049 0104234 00. (If your organisation wishes to pay then we can invoice an amount agreed prior).

Particulars: Initial & Surname
Code: FTMAY23 or FTOCT23

Register and pay online: www.essentiallymen.net



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

Essentially Men Education Trust present:

Facilitation Training



4 - 7 May, 2023

and

21 – 24 September, 2023

A call to purpose

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

What does supporting another man involve?

It is a time of transition for masculinity in Western culture. Some of the norms of previous generations are now under scrutiny and it can be a confusing and challenging time especially for men as they adapt to the new norms as well as handle the fallout from the past.

So men come into your sphere of influence and it is your mission to find ways to help him. Traditionally you may sit down and talk through his issues and come up with some form of strategy appropriate to the issues.

Therapeutic interventions often suggest the therapist remains as neutral as possible. We find in working with men who come to us that this neutrality comes at a cost and sometime this cost is quite high.

This workshop is part of the answer in that it provides a space for men to explore an issue whilst bringing their own responses to the process.

The emptier the internal bucket is from past life's experience the more intuitive, spontaneous, and profound the opportunity is to offer real guidance and long term change to both you and the men you work with.

We do not pretend to know all the answers, but we do know that providing a space for men to turn up, interact together to see patterns of behaviour, offers hope of lasting change. Give yourself the gift of some time and space to explore yourself.

Meet the leaders of the training



David Flaws

Marine Biologist – then teacher, hypnotherapist, psychotherapist, consultant, counsellor and latterly employment advocate.

Now too old to facilitate active bodywork or do much leaping around but not quite ready to sit in the corner and drool. I still know lots about facilitating groups and working with men and still have a whole raft of models, methodologies and ways of thinking about groups, inner worlds, change, and growth. But mainly, I like to play in the sandpit with the other boys and have fun.



John Dawson

Family, community, connection and relationships are important for me. I'm a husband, dad, pop, brother and whanau member. Being in, working with and learning about Nature is too - I'm a keen organic gardener and ocean swimmer.

My work life has been many and varied: Agricultural scientist in research and development. Then computer programming, secondary teaching, sales and management in the waste industry, training and development, facilitation, coaching, mentoring, mediation, conflict resolution, therapist.

Nowadays my priority focus is passing on to others what I've been given and learned over the years – principles-based, practical, person-centred. In saying that, I'm still learning and committed to keep doing so.

A co-operative effort

The leaders of the training along with a good team of men are the holders of the space in what is a co-operative effort with participants.

We will work together; sometimes you may be the facilitator of part of the space or the whole space, sometimes you will be the man coming to change his life and others will offer insights and guidance.

There are no right or wrong ways to operate in this space, we are all learning together.

VENUE:

Camp Karanga,

79 TE HENGA RD, SWANSON, WAITAKERE.

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

