



## ARE YOU ASLEEP?

- Have you traded your dreams for security?
- Are you giving away your personal power?
- Are you avoiding really living because of fear?

As men, we are taught to function from our heads, to make logical decisions and shut down our emotional realities. We learn to endure psychological and physical pain – driving them into the shadows. The truth is, the repressed pain and denied emotions are running our lives – in subtle and not so subtle ways. We are sleepwalkers, shadows of what we have the potential to be.

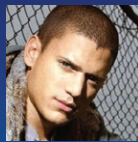
## IT'S TIME FOR A WAKE UP CALL.

**Are you ready to do something about it?** We were too. Say YES to an evolved way of living as a man in the world: strong and self-aware, fierce and gentle. Be responsible for your life and empowered with the realization that you have a unique role to play in recreating our society. The world needs your help, RIGHT NOW. The next generations are relying on us to wake up, grow up, and show up.

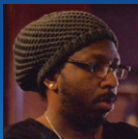
**Hear the CALL. Take the RISK. Get MORE than you HOPE for!**

# THE ManKind Project<sup>®</sup>

U S A



*"MKP has quickly become one of the cornerstones of who I am and how I move through the world today."*  
— Wentworth Miller



*"I was heading in the direction I wanted to head in ... but MKP gave me the tools I needed to get there. The journey has been incredible. MKP changed my life."* — Dwaine Go

## 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.

THE ManKind Project<sup>®</sup>  
U S A

BE THE  
MAN  
YOU WANT  
TO BE



LOCATE A FREE MEN'S SUPPORT GROUP NEAR YOU

Call: 1-800-870-4611  
MANKINDPROJECT.ORG  
outreach@mkp.org

THE NEW WARRIOR  
TRAINING ADVENTURE<sup>®</sup>

48 HOURS THAT WILL CHANGE YOUR LIFE!



## LIVE THE ADVENTURE

**A life-changing opportunity for personal growth.**

### The New Warrior Training Adventure is

- Unlike anything you've ever experienced
- Modern male initiation for the 21st Century
- The challenge of a lifetime for countless men
- Life affirming, safe, supportive, and cutting edge
- A 48 hour Hero's Journey that will change your life



**The Mankind Project** recognizes the powerful potential and brilliance that men have to offer the world. We take full responsibility for the pain we are capable of creating, and acknowledge the suffering each of us have experienced. This is the paradox of modern masculinity. Modern manhood is a lifelong practice of personal growth, not a destination. We are dedicated to this practice, in all its complexity.

# THE HERO'S JOURNEY

*"It is by going down into the abyss that we recover the treasures of life. Where you stumble, there lies your treasure."*

— Joseph Campbell



**SEPARATION:** Break away from the familiar. Team-building, individual and group exercises examine the modern male psyche, accountability, leadership and confrontation.

**DESCENT:** Explore authentic male emotion, conflict, paradox, and masculine power. Revisit life history and choices, and connect to what lies ahead.

**ORDEAL:** Embody your authentic masculinity, step into the wildness within, break through barriers and experience the full potential of mature manhood.

**INITIATION:** Take responsibility as a man among men. Explore group diversity and similarity. Face a test of solidarity and trust. Be welcomed into a circle of men.

**INTEGRATION:** Explore your legacy, life purpose, relationships, and intentions. Recognize connections between nature and humanity.

**CELEBRATION:** A feast of victory, affirmation, laughter, community and Integration of the learning.



**MKP Invites Men** to explore, challenge, and embody their own beliefs, to take 100% responsibility for all aspects of their lives, to share the best of what they have so we can co-create a safe and vibrant society.

**MKP Uses Tools** from all over the world, and from many traditions. MKP regularly integrates new modalities, and welcomes new wisdom and practices.

**MKP Teaches Skills for** leadership, conflict resolution, building trusting relationships, overcoming the past, goal achievement, and building healthy habits.

**MKP Offers Trainings** in over 44 regions around the world, and over 50,000 have completed the NWT.A.

**MKP Has Men's Groups** in hundreds of locations around the world. Free, Confidential, Peer Facilitated. Find a place in a community of men, and step into your brilliance.

**MKP is Not Affiliated** with any religious practice or political party and strives to be inclusive & culturally aware.



*"MKP has personally taught me more about how to step into mature masculinity in my life than any other single influence in my life. That is a big admission for a psychologist to make." — Dr. David Gruder*

