

Ultimate Courage: Self-Compassion Training Workshop for Men

For many men, traditional roles no longer work or serve us well. Age-old male norms have become recipes for shame, anxiety, and feelings of alienation which can lead to stress, relationship problems, workplace difficulties, substance abuse, damaging behavior, anger, and depression.

To meet the evolving needs of men in today's society, we have created **Ultimate Courage** — a powerful interactive, skill-building workshop that draws from ancient wisdom traditions, modern neuroscience, and psychological research.

In this 2½ day workshop, we encourage men to discover and embrace their real strengths, while also bringing kindness and understanding to their difficulties. This two-tiered approach of strength building and facing difficulties compassionately is a powerful path towards greater wisdom, satisfaction, effectiveness, and joy.

Throughout the workshop, a series of interactive, reflective, and meditative exercises develop practical skills for meeting the challenges of modern life with greater insight, resilience, and compassion (for self and others).

In this workshop, you will discover how:

- Exploring practices of self-compassion (involving mindfulness, common humanity, and self-kindness) can bring wisdom, strength, and healing.
- Being with a group of men in honest and courageous ways can help us overcome feelings of failure, isolation, fear, anger, shame, and not fitting in.
- Finding a middle path between the extremes of harsh self-criticism and self-indulgence can result in greater happiness, life satisfaction, and achievement.
- Engaging in practices of mindfulness and self-compassion can help us develop more productive and comfortable relationships with ourselves, family members, friends, and colleagues.

Come join a group of men inspired to challenge archaic limitations and set forth on a powerful path of **Ultimate Courage**.

Fall 2018 workshops available in Boston (September 29–October 1), Cleveland (October 20–22) and San Diego (November 17–19).

For more information, registration, and to contact us, visit:

www.ultimatecourage.org.



"Thanks so much for such a rich and rewarding experience. When I walked in on Friday afternoon, I was apprehensive of what kind of experience it was going to be. By Sunday afternoon I came away spiritually at peace and rejuvenated."
– J.S.

"Thank you for putting together a program that explores and spreads an empowering art of inner healing unique to the world of men... After years of counseling and therapy that never seemed to offer solid answers, I am now walking as a new man, enjoying the journey of moments to come."
– B.K.