

MENERGY 2015

into the heart



Welcome Manual

Licola Wilderness Retreat

October 15-18, 2015

Victoria

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Menergy 2015 Into The Heart

Each year there is a new theme for the gathering and this year 'Into the Heart' and the journey men take to get to their hearts. How men's truth, wisdom and courage come from acting, speaking, and taking guidance from their heart.

In today's culture men have been socially conditioned to not speak their truth and not share from their heart as it's considered unmanly. Too often we are conditioned to speak from our minds and intellect and shun our emotions and heartfelt desires. **Into the Heart** is about allowing men to gain access and find trust and support amongst other men to open into their hearts wisdom.

We have asked the workshop facilitators to incorporate this theme into their workshop's so expect this over the weekend and see how you journey to your to Many of the workshops will combine this We would invite you to shape your workshop with the concept of 'Into the heart' and how your unique offering can complement this theme.

But don't get the idea this is some kind of a fix fest for the broken hearted. It's not. It's about men gathering together to share and support each other, to discuss and explore what it means to be a man in the 21st century, in an environment that acknowledges and understands the unique problems men face.

This is an incredible opportunity to meet and get to know other men interested in growth, empowerment and finding ways to be the best husbands, fathers, friends, partners, lovers... the best all-round blokes they can be.

First Men's Gathering?

If this is your first time, then you may be feeling a little on edge, anxious, excited, and nervous or a combination of them all. From our experience, this is totally normal and a lot of experienced men still get these feelings, so know that you are not alone.

At Menergy it's all about choice. You choose what you want to do—be it a workshop, relaxing, talking in the Chai Lounge, taking some quiet personal time for reflection or spending time making new friends. It's totally up to you. We recommend that on first arrival that you take some time to feel comfortable in the surroundings, get your bedding sorted and join the crew of men setting things up.

Experienced Men

This year your Organising Committee urges all returning men to consciously support, assist and welcome the men new to our community. Step up and to hold the space for men starting their journey this weekend. We have heard the calls from experienced men for a deeper gathering and believe this is the answer—by supporting their brothers, experienced men will gain a much deeper involvement.

Housekeeping & Tips

There are a few things that you can help us with to make sure that this weekend is the best it can be for every man.

Name Badges

Connecting with men is a major part of men's festivals. Be sure to wear your name badge during the festival to make meeting other men easier.

Tribal Groups

These will be led by experienced men in our community and will be formed as part of the opening ceremony. They are a proven way for each man to speak, be heard, and to listen to what is happening for other men. We ask you to attend all tribal group meetings and to please be there on time.

Confidentiality

This is an area of importance when engaging with Workshops and Tribal Groups. To create a space where men can feel safe to share and be authentic, we ask that no man's name or his experience is to be spoken of outside of this weekend. Of course, your experience is yours to speak of as you wish.

Meal Times

Our gatherings are well known for their healthy and wholesome meals. You will be alerted to when meals are being served and we request you to be punctual. Meal-times are a great time to catch up and a forum for announcements. Please be sure to listen out for them!

Meal Clean-ups

Please assist with your plates and present them to the cleaning crew in the kitchen and keep your table tidy and clean. A washing crew will wash and dry your plates.

Mobile Telephones

Please consider turning off your mobile phone and if you really need to, just check it occasionally. If you need to make a call, please do so in the car park away from the hub of the gathering. This weekend is a great opportunity to relax without the sound of phones ringing. We ask that you really consider how urgent it is to turn yours on.

Smoking

If you are a smoker, we ask that you cut right back or consider going without. We understand that this is a big ask and so if you do need to smoke, please do so on the oval away from others that may not appreciate your smoke.

First Aid Officer

First Aid Officers will be announced on the opening night. Please familiarise yourself with them in case of emergencies.

Emotional First Aid

Sometimes at Gatherings, personal issues can arise. Please seek support. Our emotional first aid officers are the men to see. These are experienced men who will lend a compassionate ear. These men will be introduced at the opening night.

Bump Out

As the cliché goes, many hands make light work. When packing up on Sunday we would like to ask every man to be involved in helping to pack up the gathering prior to the closing ceremony. Thank you in advance for your assistance in this.

Post-Gathering

In the weeks after Menergy, you will receive an email advising you that Men's Wellbeing members list has been updated with all attendees and their photographs taken at registration. We recommend that you make a commitment to keep in contact with at least one new other man to keep the benefits flowing and to help build our community

Feedback

To help the 2016 Menergy Committee put together next year's festival, please complete the feedback form you will be emailed after the weekend.

This year's Menergy will provide experienced men plenty of opportunity to go deeper, to co-create and to be involved with this amazing community of men, including providing support and leadership to all men, especially those new to Menergy. Men come to Menergy for lots of reasons. It is a strong community and for many men it is the opportunity to come back and connect with good conscious men in the unique environment that these gatherings are. For new men we know you will be welcomed and find acceptance and new friendships among this community.

Menergy 2015 Committee

The committee is made up of a dedicated group of volunteers who attended previous Menergy's and were moved to step in and offer service to other men and have dedicated the year to putting on this event. The time and effort put in is not repaid by any financial return but from being part of a committed vision to assist men to connect and gather in constructed, empowering, and fun ways.

If you too feel compelled to be involved in the committee and be rewarded for being a part of an amazing event and learn about yourself on the way, you too can volunteer to be on the committee next year.

The Organising Committee

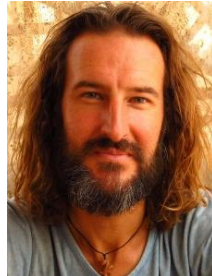
MENERGY 2015



Samir Andrew
Opening & Closing
Ceremony, Marketing,
Menergy Men's Groups,
Work Shop Facilitators



Paul Kefford
Marketing, Technology,
Comms



Wayne Starky
Tribal Group Facilitators



Arion Light
Marketing, Elders



Grant Gardner
Workshop Facilitators,
Opening & Closing
Ceremony



Shae Anderson
Web design, support



Gero von Aderkas
Support, Logistics,
Marketing



Lars Ritcter
Volunteers, Catering,
Logistics



Jarrod Lewis
Tribal Groups,
Workshops, Program



David Wilson
Marketing, Logistics



Nirvana
Eldership, Space &
Beauty, Tribal Groups,
Venue & Logistics



Simon Birdsall
Cabaret & Hosting



Stephen Wulwik
Catering

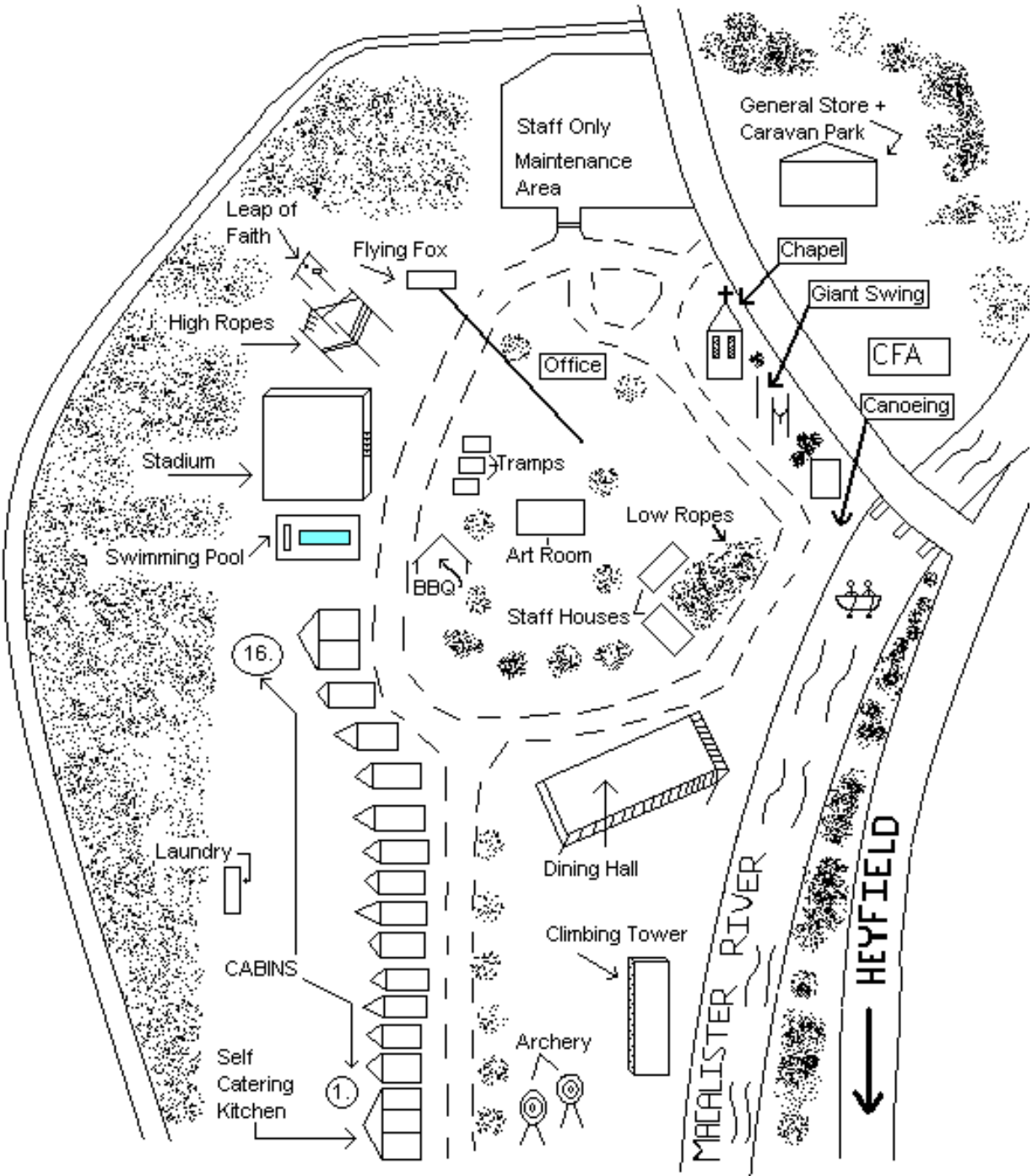


Tom Rose
Hosting, Opening &
Closing Ceremony,
Space & Beauty

For the first couple of days we will wear the gathering t-shirt to help identify us. Feel free to come up and say hello and connect at any time. We are happy to share what it is like to be involved in organising a gathering like Menergy and might even encourage you to consider stepping forward as part of the organising committee for Menergy 2016. We are also very happy to share our experiences with the men from any of the other gathering organising committees.

The committee also gratefully thanks two men who have given their generous time and support to the Committee over the past 12 months Scott Grimmatt - Mens Wellbeing and Jeremy Shub - The man with a vision.

Licola Village
MAP



Tribal Groups

Introduction

An important part of this event is the Tribal Group you will help create. Your Group Leader will be a skilled group facilitator from our community. The meetings will be a place where you can 'check-in' and share about your experiences, progress, challenges or realisations that have come up, and it's also a great way to connect regularly and deeply with a group of men.

Tribal Groups have been a part of these events for over 10 years and there are some things we know assist the groups to work well. Your Group Leader will run through the items below plus any other approaches they like to use and of course you will have opportunity to contribute to this if you feel the need.

Confidentiality

Confidentiality and integrity are critical elements in the group. What you see and hear is not yours to own. No other man's name and story is to be repeated outside the group. You can however share your experience, how you felt, what came up for you. This is ultimately all your loved ones may want to hear anyway.

"I" Language

We encourage you to use 'I' instead of 'you'. For example saying; "You know when your woman is angry and you get pissed off" is much better stated 'when my woman gets angry, I get pissed off'. This will greatly assist you in taking full ownership of your experience. "I feel"; "I think"; "I want"; "I will" are phrases that may help now and in the future.

Respect

Create a space of respect for yourself, others & the environment. Turn up on time and listen fully when each man is speaking. One man speaks at a time, holding the talking stick. Trust the words will come to you when it's your turn, rather than mentally rehearsing your 'speech'. Your unrehearsed words are often more honest.

Trust and Support Men to find their own solutions

Giving advice is not encouraged and is rarely appropriate. Feedback is only offered by seeking permission first, and then speaking from your own experience. Please avoid "You should" or "If I were you I would".

Be Present and Real

Discussing philosophies or moralising often keeps groups from being grounded & real. Please consider if there is a way to discuss your interests in a more personal way, or at least save these discussions for time outside the group.

Cross-Talking

Do not Cross-Talk. Give everyone the opportunity to speak uninterrupted. Watch your own inner stirrings when another man speaks, they are gold and yours to explore!

Talking Stick

When each man is holding the talking stick, all that is asked is that you listen. When speaking, please speak into the circle, include the centre and all the men around it.

Rescuing

We are not here to rescue, fix or solve problems for other men in the group.

Touch

If a man is in deep process, he is not to be touched, as it may cut it short. Consider why you need to touch/console this man. Is this something you cannot hear? Whose process is it?

All Feelings are OK

Sadness, Fear, Anger and Happiness are all normal emotions. You have a right to them, try to own and identify them.

If you are not feeling OK then say so.

Leaving the Circle

Please don't leave the circle once it is formed. If you need to leave, please speak before doing so, go in silence and remember to walk around the circle rather than across it. If you need a pee break just ask and the group will hold the circle in silence until you return.

It's OK to Pass

You have the right to share and speak at the level at which you are comfortable. There may be a time when you wish to pass, this will always be respected.

Some final points:

- Stay in your body, in the present moment. Breathe!
- This is not a performance, there is no-one to impress. You are here for yourself.
- The Tribal Group Leader will be the guardian of the guidelines and may gently remind people of them when they are forgotten. This is not a criticism but an effort to maintain the safe form of the circle. This way of speaking may be new for many.

Workshops

Workshop details will be promoted by the facilitator during the course of the day. Each presenter will give a 1 minute spruik to the group describing his workshop. It is advised that you read familiarize yourself with the program beforehand so you can identify those workshops you are interested in.

It is also highly recommended that you give yourself time to process and dissolve some of the information you have obtained in the workshop. To do this we encourage you to not feel that you have to attend a workshop all the time, give yourself time to reflect by talking to men in the chai tent or go into nature and fins some reflective time.

Work Shop Etiquette

1. **Whoever comes are the right people**

This principle acknowledges that the only people really qualified or able to do great work on any issue are those who really care, and freely choose to be involved.

2. **It's all about the timing;**

This principle recognises that spirit and creativity does not run by the clock however. So while we are here, we will all keep a vigilant watch for great ideas and new insights which can happen anytime.

3. **Whatever happens is the only thing that could have happened**

Allows everyone to let go of the "could haves, would haves and should haves" so that we can give our attention to the reality of what IS happening, is working and is happening right now.

4. **When it is over, it is over**

Acknowledges that one never knows how long it will take to deal with any given issue. It reminds us that getting the job done is more important than sticking to an arbitrary schedule.

5. **The law of two feet**

You know men, where you can learn and contribute the most Open Space encourages you to use your two feet to go where you need to go, when you need to go and do and say and hear what you need to.

Enjoy, and may this process be powerful and heart opening for every man.

MENERGY 2015

into the heart

Time	Thursday	Time	Friday	Saturday	Sunday
CREW SETUP		5.30am	Opening Ceremony	Morning Program 1 hour	Morning Program 1 hour
		6.00am	Breakfast / Facilitators Intro's	Breakfast / Facilitators Intro's	Breakfast / Facilitators Intro's
		7.15am	Workshop 1.5 hours	Workshop 1.5 hours	Workshop 1.5 hours
		8.30am	Free Time	Free Time	Free Time
		10.00am	Morning Tea, Facilitator Intro's	Morning Tea, Facilitator Intro's	Tribal Group 2 hours
		10.30am	Workshop 1.5 hours	Workshop 1.5 hours	Lunch
		11.00am	Free Time	Free Time	Site Bump out
		12.30pm	Lunch	Lunch	Closing Ceremony
		1.00pm	Facilitator Intro's	Facilitator Intros	Closes 3.30 PM
		2.30pm	Workshop 1.5 hours	Workshop 1.5 hours	Deep Breaths, Big Hugs.
4.30pm	Welcome Desk	4.00pm	Free Time	Free Time	Site Clean
6.30pm	Tribal Group allocation	4.30pm	Afternoon Tea	Afternoon Tea	
8.00pm	Dinner	5.00pm	Tribal Group Meeting 1.5 hr	Tribal Group Meeting 1.5 hr	
10.00pm	Welcome/Orientation	6.30pm	Free Time	Free Time	
	Tribal Group intro meeting	7.00pm	Dinner	Dinner	
	Free Time	8.00pm	Free Time	Free Time	
		8.30pm	Heart Space	Cabaret	
		10.00pm	Supper	Supper	
		11.00pm	Free Time	Free Time	

Friday Timetable

MENERGY 2015

into the heart

Time	Friday	8.30 am Workshops FRIW1		
6am	Morning Ceremony	Facilitator	Description	Room
7.00am	Breakfast	Jared Osborne	Kind Warrior Lover Magician- Man	CH
		Richmond Heath	TRE- theoldest medicine on earth	DR
	Facilitators Intro's	Trevor Cohen	The Lynch Pin	ST
8.00am	Free Time	Carl Quinsee	Now I get it	LR
8.30am	FRIW1 Workshops	David Isaac	Adams Apple-talk like a man	SD
10.30am	Morning Tea			
	Facilitator Intro's	11.00 am Workshops FRIW2		
11.00am	FRIW2 Workshops	Facilitator	Description	Room
1.00pm	Lunch	David Jurianz	5 rythms- man up	ST - 3
	Facilitator Intro's	Richard Muek	Heart of the Warrior	LR - 1
2.30pm	FRIW3 Workshops	Hugh Martin	Break free from Pornography	SD - 7
		Damien Litchfield	Lets Play	AR - 4
4.00pm	Afternoon Tea	David Mollet	Open Meart Meditation	CH - 5
4.30pm	Tribal Group Leaders	Len Ward	Listening to hearts	DR - 6
6.00pm	Dinner	2.30 pm Workshops FRIW3		
7.00	Free Time	Facilitator	Description	Room
7.30pm	Heart Space	Gero	Men @ Dance	ST -3
9.30	Supper	Alistair Mckinnon	Compassionate non-violent communi	DR - 6
		Peter Bolton	Personal Peace procedure	SD - 7
		George Zelen	Freedom Art/time	AR - 4
		Daniel Thomas	Metta Massage	CH - 5

Saturday Timetable

MENERGY 2015

into the heart

Time	Saturday																						
6am	SATW1 Workshops	6.00am Workshops SATW1																					
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5.00pm	Tribal Group Leaders																						
6.00pm	Dinner - Free Time																						
7.30pm	Cabaret																						
10.00pm	Supper Free Time																						
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Sunday Timetable

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Time	Sunday
6.00am	SUNW1 Morning Program
7.00am	Breakfast
	Facilitators Intro's
8.30am	SUNW2 Workshops
10.00am	Free Time
10.30am	Tribal Group Checkout
12.00pm	Lunch
2.00	Pack bags
3.00	Closing Ceremony
4.00	Site - Bump Out
3.00pm	Event Leave

6.00am Workshops SUNW1		
Facilitator	Description	Room
Amon	Morning Wakeup	ST - 3
Daniel Thomas	Metta Meditation	LR - 1
Alex	Waking up your heart	DR - 6
Daniel Bafai	Qi Gong	CH - 5

8.00 am Workshops SUNW2		
Facilitator	Description	Room
Kitsiri De Silva	Primal dance and body mapping	ST - 3
Vern Hardie	Reconnecting the hearts of dads and their kids	DR - 6
Hugh Martin	Break free from Pornography	SD - 7
Jeremy Shub	Graceful Sexuality	LR - 1
Michael Cann	Greiving your lost body	CH - 5
Rudran Brannock	Awakening ecstatic body	AR - 4

Facilitators

(Subject to change-Apologies if not all bios and details printed)

Adam's Apple – Talk Like a Man

Dave Isaacs



Do your conversations at work or at home end in frustration and confusion? Do you feel like you are 'walking on eggshells' when talking to some people, afraid to speak your truth? Talk Like a Man is the fast way to improve your communication in under two hours. Over the last twenty years I have coached and taught thousands of people; I understand the difficulty poor communication can create. What is it costing you now, not connecting properly to the people most important to you? Talk Like a Man is a new and innovative workshop that will improve conversations you hold with your partner, children and work

colleagues. It focusses directly into the areas where men 'hold back' from speaking their truth and helps them become more able to express themselves rather than feeling stuck, trapped or out of choice.

The workshop is designed to improve the quality of conversation men hold with their partners, children and work colleagues. It focusses directly into the areas where men 'hold back' from speaking their truth, where they become aggressive or defensive through confusion and helps them become more able to express themselves rather than feeling stuck, trapped or out of choice. Talk Like a Man is an interactive workshop where there is a balance between new and innovative ways to understand dialog & breathing, and partnered exercises that give a deep and embodied experience for all participants.

Dave Isaacs is a Performance Coach, based on the Surfcoast of Victoria; he works with businesses and their executives assisting them to achieve results through increased communication and Emotional Intelligence. Previously, Dave has owned his own sales company in Sydney, run sales teams in Victoria, raising two children as a single dad and more recently holding a student management position at a local college in Geelong. In 2009 Dave worked with coaches from Advanced Business Abilities and completed his Advanced Coaching Certificate. In working and training in Perth, Dave discovered a system that enabled him to take real control over every aspect of his life. For Five years now Dave has been working with business owners and individuals helping them to improve their performance both in business and personally.

Nonviolent Communication

Alistair McKinnon



An introductory workshop on the core principles of nonviolent compassionate communication.

This process for communication has been applied in many conflict situations all around the world for over 30 years and is applicable not just to intimate relationships but also to communities and the workplace.

Alistair has been training people in nonviolent communication for three years and now incorporates these principles in his work with intimate couples, supporting the creation of loving relationships. He brings a capacity to hold a safe space for couples to create a deeper sense of connection and warmth.

TRE: The Oldest Medicine on Earth

Richmond Heath



In the ancient depths of our being lies a natural reflex that restores us to our baseline state of peace, freedom, flow and connection. TRE deliberately invokes the innate wisdom of the body to literally shake, tremble and tremor itself free to reduce stress, release tension and physically heal trauma without ever having to recall or talk about the past. Awakening this 'oldest medicine on earth' softens our armour, stills our mind and reveals at our core, our open and connected heart.

After 3 years on the Menergy Organising Committee, Richmond Heath finally has the chance to present his life's work at Menergy 2015. A physiotherapist with an eclectic background, he introduced TRE to Australia in 2010 and now runs personal workshops and professional trainings Australia wide. His focus is not on a one off workshop experience, but empowering people to utilise this natural resource on an ongoing and regular basis for greater freedom, flow and maturity through life.

"I have been running TRE workshops full time for the last 5 years including public workshops and professional trainings. I have presented workshops to survivors of natural disasters including the Black Saturday Bushfires, QLD floods and the Christchurch Earthquake and have also presented TRE for Men earlier this year."

Participants will have a reframed understanding of the role and purpose of involuntary shaking and trembling as part of the recovery phase to stress and trauma.

They will experience this natural process leaving them more grounded, centred and connected to themselves and to others. They will be empowered to take this process home with them to then use on an ongoing and regular basis.

Open Heart Meditation

David Mollet



The Open Heart Meditation as a tool to help you deepen your relationship with yourself, by learning how to intentionally meditate through the heart. No specific beliefs are needed, just a willingness to be open to the possibility of connecting to a deeper part of yourself, by learning the simple practice of meditating with your heart.

“As your facilitator, I can say that this has been a very enriching journey for me. It has helped me dissolve difficult, in-ground obstacles to my happiness like forgiveness of myself and others, and assisted in me dropping out dated thought patterns that weren’t serving me anymore”.

David Mollet has been practicing the Open Heart Meditation for 3 years. He also facilitates a Men’s Group called the Men’s Fire-Circle, which has been running for almost three years.

“I ran it last year at Menergy and have continued my practice of the meditation ongoing now for three years. I got great feedback from some of the participants last year and this year, with the theme being “Into the Heart”, the content is so relevant, it really needs to be offered.”

QiGong for Men: the Keys to Presence

Jared Osbourne



Can you imagine feeling present, grounded, in your centre and alive in your masculine potency in any situation? Even without thinking about it? This is what I train men to be able to experience. Contained within the ancient Chinese art of QiGong is a potent map of the human body – and some powerful principles that can get you grounded, present and in touch with your male vitality. In this workshop you’ll learn some simple yet profound embodiment practices for getting grounded, building your vitality and being in greater mastery of your sexual energy and attention. Some things that should, frankly, be taught to every man (and even boy) on the planet.

“I’m dedicated to being the best man I can be – and passionate about helping other men do the same. I work to create a world where all men are nurtured to be powerful, grounded and authentically themselves. I’m a Coach, Psychotherapist and QiGong instructor, and run men’s embodiment and relationship coaching programs under the banner of Embodying Man. I’ve worked with over 500 men (and dozens of women) in the last 7 years, helping men to have richer, more satisfying lives through teaching them how to get – and stay – connected with their body – mentally, emotionally, spiritually and sexually.”

Graceful Sexuality

Jeremy Shub

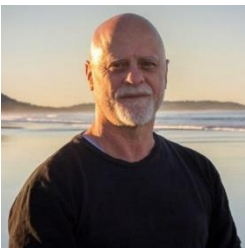


Graceful Sexuality is a workshop exploring how men can find grace within. We will be sharing honestly with each other, learning about new research and practicing emotional and energetic movement. The workshop is open for men of all sexual orientations, ages, single and all relationship types. We will look at traditional Tantra, Taoism, Western medicine and Karezza. If you want to have dignity, strength and finesse in your sex life then come along. The workshop will be safe and confidential. Each man has potential for balance and alignment.

"I am is a sex therapist, sex educator, husband of 17 years, father for 15, community member and fool. I have been a workshop facilitator for many years. I have presented at Menergy and Manshine men's gatherings. I give service to men in their personal development because I spent many years down the well in the dark. Now I feel I have some insights to share with others on the path. I am passionate about sexuality and healing. I like to laugh, cry, sing and dance." "I have been an educator and group facilitator for the last 15 years. I am a member of the Society of Australian Sexologists. I have been a counsellor for the last 5 years. I have run many workshops at men's gatherings."

Advanced Men Inner Work

Rudran Brannock



You will have seen men who have a certain presence. It is in the way they walk, stand, talk, the independence of their emotional life, their sexual virility, a certain 'cool', élan. It is the natural state of a developed human being. As we deepen, thought/emotion decreases and we enter the deep feeling field. In this workshop we will study our bodies, thoughts, emotions, impulses and unfinished business so that we can open up to the mature archetypes of our masculinity. Many men seem to think that because they can cry when hurt, they are in feeling. This is just the beginning. A child can do that. With mature feeling comes sexual vibrancy, intuition, deep empathy, and cultural responsibility. You will be challenged and cared for. You will be expected to challenge and care for the other men.

After a particularly decadent beginning in life I ended up studying and teaching Aikido, learnt yoga, and became a counsellor, a rebirther, a body/energy worker and a social artist. I have also trained in strong circle work and involved in men's inner work for 25 years. I am a student of Tantric and Shamanic practices. I am a sometime consulting editor with Living Now magazine on matters Masculine and Feminine. I am the founder/visionary of THE JOINING, a gathering of men and women to study the coming together of the Masculine and the Feminine in all their forms, and a director of GENESIS, an organization whose mission is to support the development of sustainable culture and ecology. I am also a founding Member of The Very Good Company, a social enterprise whose purpose is the creation of conscious culture.

Awakening the Ecstatic Body

Rudran Brannock



This is a way of practising movement that teaches us to learn from pleasure instead of pain. There is a natural joie de vivre, a joy of living that all children have, and we had, till it got somewhat submerged. This conscious interplay of the masculine and feminine qualities brings us back to that sense of physical wonder that has always been with us.

It is a way of practising any exercise really, which finds a way through the conditioning to once again feel the natural juice of being alive and vibrant in our bodies. This is the most fun and pleasurable discipline that I have ever learned and its benefits extraordinary. "The Feminine in us gives birth to the Masculine, which then holds the space for the Feminine to flow in a greater field."

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Open Heart Meditation

David Mollet



"I played football as a boy. When the game was getting out of hand, the coach would sometimes yell 'Man Up!' Literally...find your opponent, keep your position. It's a masculine thing. Have some structure. These days it means much more. Be a REAL man. Find your balls. Having said 'take a partner' in 5Rhythms classes for years I have watched men automatically partner with women and if unsuccessful, choose to dance alone. Whatever happened to finding a worthy opponent?"

We'll play the man on the field it seems, but not on the dance floor. We avoid intimacy with another moving man, but we hug and kiss the goal scorer? Confusing messages indeed? Let's have some fun and challenge the context for our behaviours. The 5Rhythms can hold awkwardness and uncertainty and transform it. Let's Man Up and dance.

David Juriansz has worked as a mental health professional, project manager, researcher and writer, community musician, songwriter, and performer in both Australia and the UK. He is currently an accredited facilitator for beyondblue, providing mental health and wellbeing programs to diverse communities, specialising in work with men. As a 5Rhythms teacher, he offers regular classes and workshops. His humour, storytelling and passion for the 5Rhythms have attracted a large following to his weekly Tuesday Tsunami Wave. In 2013, with his wife and lifelong collaborator Meredith Davies they founded Moving Essence a shared vision to use music and embodied movement to build communities where individual expression is both welcomed, and nurtured.

MEN@Dance – Into the Heart

Gero von Aderkas



During this offering MEN will have the opportunity to use dance as a pathway into their hearts. We will be starting with an intention setting circle at the beginning and also close together in the end. No dance *experience is necessary; just come with your heart, a curious mind, your body and an openness to moveMENT. With Love and Fire, Gero*

"I know that the essence of MEN is awesome and beautiful. Supporting this core being to emerge through the physical form and through action is my passion. I have been running MEN@Dance in Melbourne for almost a year now and I am excited as ever to bring about spaces where MEN can explore and deepen into themselves. I would love to share this experience with YOU!"

"I run MEN@Dance in Melbourne on a monthly basis and have previously offered a workshop at Menergy."

Integral Success

Gordon Funk



Starting with institutional schooling through to corporate consumerism, our natural internal compass gets severely distorted. Nowhere is this more felt than in the financial sphere. Using a financial lens, we explore our past, place ourselves into the current cultural context, and look forward to what we will need to die successfully.

We so often feel the need for more. More time, more money... but is more really the answer? Let's walk the path that leads us back to our heartland. The place where we know ourselves – a place of personal meaning and purpose. Only from here can we act wholefully to bring the shape of our lives into alignment.

Gord Funks has spent the last 15 years honing his life. Harmonising self-employment, home-schooled children, intentional marriage and life on two continents is challenging. As a family, the Funks look to personally and systemically live in ways that honour each other and provide space to grow and flourish. Current influences include Ken Wilber, Wilson Luna, Native American spirituality, his own heart's musings, and Bec's creative outworking's of the Spiritual Midwifery.

"I ran a similar workshop last year at Menergy. This one takes the theme to heart (pardon the pun) and brings the focus more to the back-story we bring to our finances. I'm in fairly constant conversation with people around their live and the perceived lack of power in the face of the system."

"I would like men to begin to see that they are starting with much more than they think. From this dawning realisation, to move towards a self commitment to find their inner bedrock, and to start to see areas where they are already living this out, and areas where they could move to live this out more. It's not realistic to expect a life's work to be resolved in 90 minutes, but I hope to leave men with a sense of possibility – that it's actually possible to have the life that their heart is crying out for, if only they are willing to take the steps

Break free of pornography

Hugh Martin



In breaking free of pornography you get to answer the basic question “how can I be me?” You get to see the freedom and choose what you really want. You get to break free of the patterns that cause problems to endlessly reoccur. In the workshop we work to take steps towards wholeness of self, instead of swapping between different selves we create to fit different expectations of who we think we should be according to others. In the workshop men realize that they’re not alone in having a pornography addiction. They discover that there are many good men struggling in exactly the same way.

I am the founder of Man Enough and am an NLP practitioner, transformational therapist and coach. I work with men to identify and shift shame, allowing access to their true selves.

“The process of the workshop will be a men’s circle. I have been facilitating and participating in men’s circles for three years. The process of overcoming porn is fully developed. It has been trialled and tested before fellow therapists and run live through a group of men at my Meetup workshops. The workshop is now ready to take to scale in the Man Enough two-day workshop format but for Menergy, I will run a core element being the circling process of hearing and being heard.”

“My desire is for men to feel the freedom and healing that comes with narrative and being heard. The telling and the hearing and acceptance of our sexual shame in a non-judgmental and supportive framework. I want to create a positive and compassionate masculine experience for men to reflect on – often men don’t get to experience the compassion of other men and it is incredibly powerful.”

Abiding Presence & Nourishment

Trevor Cohen



This workshop will be slow and have space..... space for whatever you bring. Interfused with Somatic Experiencing (the work of Dr Peter Levine) each man will experience, give, receive and take away an amazing, complete sequence of ‘Zenthai Shiatsu’ massage. . designed to relax, recharge and realign. (This system was developed by an osteopath on the Sunshine Coast, Gwyn Williams.

www.zenthaishiatsu.com) We will explore freedom, relaxation, safety, boundaries, doing less, allowing space, nourishment, stillness, deep peace, presence, intuitive sensing, roots, breathing, sinking into the body, containing our power, not knowing, awareness and letting go.

Trevor has post-graduate training as an integrative body psychotherapist. He has worked in a wide variety of therapeutic modalities focusing on body, mind, spirit and soul integration. He runs regular groups, workshops and retreats around Australia and is an experienced group facilitator. He runs a private counselling practice and teaches yoga in Brisbane.

“I have taught the strands of this workshop as separate pieces but have never integrated them all in this way. I am excited to bring this new concept to Menergy for the first time.”

“That each man expand his awareness of presence and nourishment and that each man experiences and becomes familiar with the Zen Thai sequence to take home with them to try on friends and loved ones.”

Primal Dance and Mask-"Primal dance -Earth, Fire, Air Water & Spirit.

Kitsiri Desilva



Each element is an aspect of ourselves. When we move our body in the way of that element, we activate, strengthen and nourish that aspect of ourselves. This is a dance of passion. To truly claim, honour and celebrate ALL that we are.

- Stomp your groundedness, solidity, animal instinct, ancient energies in EARTH
- Unleash the beast, your warrior spirit, healthy aggression, chaos in FIRE
- Float free your lightness and playfulness, innocence in AIR
- Melt into your sensuality, sexuality and peace in WATER

Surrender to your inner stillness, sacred, sense of expansion and being far more than your physical self in SPIRIT

At the end of the dance, choose which aspect of yourself you would like to nurture, celebrate more and decorate a mask to express this.

"Kitsiri has been facilitating primal dance and other creative workshops for 18 years. He has been running these in WA, QLD, NSW, Bali and America. Every year Kitsiri has been running them at the WA Men's Gathering. He has also run them at Menergy and Manhood. Kitsiri enjoys engaging with people of all ages and types. He has run workshops for mixed adults, boys, teens, people with disabilities. He has also been involved in the Depression and Suicide Prevention industry running programs. Kitsiri has a great passion for helping people to nourish the magical fire within themselves, to see their own beauty, by using dance and other forms of creativity. He has had a wonderful time using: Dance, mask, clay, paint, collage, drawing, storytelling, story writing, body clay, body paint. Kitsiri's attitude to his workshops is one of total freedom. He brings a playful, yet grounded atmosphere to them. If you're concerned about how you're going to look, just check him out! Kitsiri's ability to let everything out creates an open, safe, playful environment where people feel totally safe to feel and express everything they need to."

Unleash the Beast Within

Dane Tomas



Unleash the Beast Within is about dropping beneath the facade of the 'civilised modern man' and connecting with those most primal and suppressed aspects of our essence. Recommended for any man who'd like to get more acquainted with his deepest drives and desires.

Dane Tomas is a spiritual rebel, a conscious entrepreneur and a man on a mission to master all aspects of life. He's still working on it. His men's only program: "The Integrated Man" takes the participants on a journey through 7 rituals – each one reclaiming a different aspect of forgotten masculine power and purpose.

"This workshop is based on my experiences running "the integrated man" program over the last 2 years as well as the last decade of facilitation and deep self-discovery."

"That every man who attends, regardless of where he is on his path, leaves with a deeper understanding of his primal essence and equipped with some tools he can use independently to continue his own journey of self-discovery."

Reconnecting the Hearts of Dads and their Kids

Vern Hardie



This workshop will be a facilitated forum for Dads looking to reconnect with their children and adolescents. How can we properly open our hearts to our children? How can we be authentic, present and loving Fathers? How can we build real relationships with our children? How can we set boundaries and be emotionally available? Through discussion and play, we will talk strategies and tips for Dads to be the best that they can be.

Vern is a father of two amazing daughters and has been a teacher of adolescents and children for over 10 years. He brings a deep understanding of what it means to connect with the younger generation and be emotionally available for them. As a Wellbeing and Engagement Coach, Vern believes in the importance of assisting people to reconnect with themselves and the world around them. He understands how people learn and engage in the world and how to assist them access their unique set of talents and skills.

"I have worked with parents and children many times before in my role as the Student Wellbeing Leader in my school and as the Education Facilitator of the Operation Newstart program. This workshop allows me to take the knowledge and understanding that I have learnt working with adolescents and children and share that with fathers."

"I would like fathers to have a better understanding of the importance of the role they play in their children's lives and to have learnt some strategies to be more emotionally available and connected with their children."

Empathy for Partners and Parents

Len Ward



One of the hardest things I struggle with is to listen to another's heart. First one has to listen to one's own heart. This workshop will support the participant to listen to another through short listening exercises, so that they can practice open hearted listening to self and others. Carl Rogers and Marshall Rosenberg learnings will be drawn on direct the participant into an experience of been heard and seen in their heart with heart.

"My life has been one of joyous learning and great suffering. Being vulnerable has helped me become more fully human and out of my depths I have gained an openness to myself and others that allows me to see and hear what was before a mystery. After over 25 years of men's work, I would like to give back some of the gifts I have received."

Pleasure Full Mornings

Alex White



Awesome morning! You're invited to experience and play with 3 unique and powerful morning rituals that are intended to fill your whole body with pleasure and awareness. My last 3 years of study and experience with morning rituals is that they have the power to fuel and focus your entire day. Practiced and refined daily, they can lead to fuel your entire life and act as a daily commitment to your Self and your mission.

We will move through a proven framework for morning rituals and explore spinal waves, dancing Qi Gong, short meditations and massage. My intention is that each man walks away informed, inspired and equipped to refine or start their morning rituals with practical, pleasurable and multilayered processes. "At 36 years, I am a new father to a joyous daughter with my partner of 12 years. I have been heavily involved in men's work for 3 years and used that same time to refine my morning practices. I love dance, meditation, mirrors and being wild."

"I am passionate about reclaiming and redefining pleasure and creating spaces where men can experience flow, heartfelt communication and opening... balancing enlightened self-interest with serving the community. I run a men's circle and advise others in forming their own. I have attended, and recently staffed, Mankind Project's weekend training. I run conscious touch workshops at festivals, small group workshops on Pleasure Education and use my background in Art Education and communication to guide men to live pleasure full lives via ManLab.com.au

"I have been refining the morning rituals of myself and other men for over 3 years including 1 on 1 and in men's circles. This will be the first large scale version of this particular information and experience. I hold a Diploma of Education and trained specifically in Workshop Facilitation at Phoenix Institute."

Grieving Your Lost Body

Michael Cann



Have you ever felt let down by your body? By the way it looks, by what it does, or by what it doesn't do? Or have you suffered a physical trauma that has never properly healed? If you have, you might have lost a carefree approach to life. You might have lost a sense of autonomy and independence. You might have lost entire body parts. And you will naturally feel a sense of grief. In this workshop we will explore how a heartfelt response to physical loss can help you're healing – both emotional and physical. Combining group discussion with the embodied learning of the Feldenkrais Method, we will see how we can use movement to recover a lost connection to our bodies, while actively improving our physical function.

Michael Cann works with people experiencing pain, discomfort and mobility problems, and who want to reduce their dependence on medications and short term treatments by reconnecting with their bodies and learning to move well. When he was 14 years old, he was assaulted by a gang on a train station. He learned never to trust men, and to keep himself small to avoid danger. Years later, through the Feldenkrais Method, he learned to recover the potential that was taken away from him that day. And through the Menergy community has begun to trust men again!

"Men deepening their connection to their bodies, and understanding the importance of grief in recovering their lost physical function."

Morning Wakeup!

Amon Woulfe



Begin your day feeling fresh & recharged, centred, clear and connected. A Grounding Class is a wonderful opportunity to get out of our heads and back in our body, as we clear the blocks to self-expression and vitality. The classes run each morning and explore a different themes over the three days. Day 1 is an exploration of Power, Day 2 explores Play and Day 3 is focussed on integration and explores Presence. Each class follows four phases – Stretch, Charge, Discharge, and Integration – and is a powerful and dynamic start to the morning!

"I am a Mindful Leadership Coach, GroupMind™ Facilitator and Change Consultant. My vision is to unlock the power of the collective by creating mindful, high-performing and harmonious groups. I'm passionate about Collective Flow states, the highest potential of all groups, and believe this can unlocked through accessing the power of the GroupMind."

"I've run this workshop at Menergy and Manhood in 2014, and at Manshine 2015. I've also run these workshops as public classes in Brisbane and as part of the 6-day Kensan Retreat I deliver."

Men's Health TCM style

Gerald Heutink



In this workshop I would like to outline the main principles of Men's Health according to Traditional Chinese Medicine. I will focus on the Dan Tien, or the Room of Essence, as one of the 7 extraordinary yang organs. I will explain ways of nourishing and preserving this 'Room of Essence' (Western: prostate and testicles) for optimum health, longevity and procreation. I will outline ideal Diet, Lifestyle, and go into detailed advisory ejaculation frequency. I will start this workshop by teaching the 6 Japanese meridian stretches called Makka-ho's. This will get the participants better into their body and is a practical basis of explaining the main meridians.

"I am a full time shiatsu therapists, practicing from Thornbury. I am passionate about Traditional Chinese Medicine and shiatsu. Shiatsu offers nourishing and subtle ways of healing. In my clinic, I create a safe and nurturing surrounding for my clients. In my treatments, I facilitate the process of unblocking stagnation and unlocking the hidden inner healing potential in my clients."

"I am a strong believer in the self-healing power of the body, with the healer being a facilitator of change. I thrive having a good report with my clients and seeing them leave with increased vitality and in great spirits. For me self-care, good nutrition and gentle exercise are the keys to living life to its highest potential. I enjoy doing martial arts, yoga, qi gong and find joy in home cooking for my family."

"I want to give practical simple tools which will increase men's health and well-being and increased understanding how to nurture their essence of "manhood."

Personal Peace Procedure

Peter Bolton



The Personal Peace Procedure is a process used in Emotional Freedom Technique (EFT/Tapping) to take the 'charge' out of events from our past which have not been fully or properly processed and dealt with and that the person has 'not moved' on from. From this 'charged state', people run a program of anger, stress or anxiety which can affect the decisions they make and how they behave.

The workshop explains to participants the history, concepts and how to use EFT. The individual takes a tally of some bothersome specific events in their lives, uses EFT to clear the angst from that event and in doing so eliminates some major causes of emotional and physical ailments. The person can then lead a more satisfying and fulfilling life.

Heart of the Warrior

Richard Mueck



With depth, humour and presence, Heart of the Warrior Workshops guide men to greater freedom and expression of their true masculine. We will be exploring physical games and challenges and how we can remain in our hearts and in integrity in the heat of competition and physical duress. There will be a focus on team work, strategy and trust, how when we work together as men, it can be not only easier but more enjoyable!! The emphasis is on being physical, present in our bodies and building bonds of trust and camaraderie with other men. And yes, we will fight with swords!!! (foam ones of course:) Preferably an outdoor venue or large area with high ceilings.

"I'm an initiated man with the Mankind project (Bellengen 2010) have been facilitating and participating in mens groups for over 7 years. I've worked as a counsellor and facilitator for various workshops and in private practice. Was the co-ordinator for men's community group at Wingate Community Centre. I've raised a family, have two beautiful young kids/adults, have worked in film and TV for over 30 years and was the captain of the Fitzroy u-19's when it was back in the VFL."

Now I get it

Carl Quinsee



Underlying our efforts every day is the task of taking care of our needs and concerns striving to live a safe, purposeful and rewarding life. Traditionally (although not always) men are great at mastering the material world, satisfying their and their family's needs at a physical level. But what about the needs at a more emotional or psychological level that may be unconscious, needs that are crucial to achieving depth and connection not only with self but in man's relationship with those around him. Many negative behaviours take root simply from the inability to identify the needs that are not being met and taking the steps to have those needs met in a positive way. This workshop is not about telling you what your needs may be in life, it is about you discovering what is authentic for you.

Carl Quinsee is a certified coach, with experience in diverse backgrounds ranging from emergency services, construction, security and personal growth industries. As a coach Carl has worked with a diverse number of individuals and groups to help them address their current concerns and therefore achieve better outcomes in their business and personal life. He is the founder and owner of the Avatar Wellness Centre and he is the CEO of Positive Change Programs a company that offers numerous diverse Life Skills programs in collaboration with other specialist facilitators. In a leadership role for 25 years, Carl has a diploma in coaching, he has completed courses and certifications in Leadership, Mentoring, Ontological coaching, Peer Support, Neurolinguistics Programming, Workplace Training and Hypnotherapy.

"I have been running this and similar themed workshops for many years to a wide range of individuals. The foundations of my workshop are of a self-inquiry or reflective process." "The outcome of my workshops is for each participant to leave having begun their own journey of inquiry or self-discovery as to how their way of being in the world can change for the better if that is their goal."

Aboriginal Healing and Eldership

Melvyn Cann



"I am a 'gubba', or white man, but I have been accepted as an Elder and Medicine man of the Wirradjuri people in New South Wales. I am 74 years old. I have experienced keenly the difference between growing old in a tribe and growing old in Caucasian society. This workshop will explore cultural difference in the context of some of the practices of aboriginal healing. It will be a participatory and experiential... You will have direct experience of healing practices."

"Most of my life I have been a professional musician, trained classically, but experienced in a wide range of styles. I play the violin, piano and didgeridoo, compose and conduct. I also spent twenty-eight years as a lecturer in Philosophy at La Trobe University...paid to think. There was something of a scandal over my introduction of a course in Philosophy of Medicine which looked at a range of alternative or complementary medical practices, comparing their concepts and principles with those of Western Medicine. I conducted a 5,000 hour clinical research programme in relation to this course."

"I have conducted well over two hundred workshops in various esoteric matters associated with healing and the arts. including my work as an aboriginal medicine man. The present proposal is new. I have not previously worked with healing in the specific context of ageing and the treatment of the Elderly. In truth, every workshop I have ever done has been new. In esoteric matters it is essential to be responsive to the demands of the moment. I can predict only the general framework in which the workshop will proceed. I will be disappointed if something totally unexpected does not take shape on the day."

Accept AND Challenge!

Trevor Cohen



How can I hold both? Full acceptance of myself as I am, AND challenge myself to be a better version of myself? Either I'm good and doing well OR there's something wrong that I wanna fix, so I'm 'bad'. It isn't possible to hold my goodness and my badness at the same time! I really CAN only focus on one thing at a time. It just isn't possible and crazy talk, right? One excludes the other. In my experience I was either in self-acceptance OR in change mode. This powerful workshop is about doing both at the same time. I have learned clear ways to do this and make it work in my life. I want to share how it's possible to have a balance of both; and it's not multi-tasking and stressy. I invite you to explore your own place of balance, relief, ease AND vitality.

Metta Meditation

Daniel Thomas Ogilvie



"Metta is a Pali word (the language spoken by the Buddha) meaning loving kindness and the practice of Metta is a simple yet extremely powerful offering. The Men will put themselves into a comfortable position and will be asked to find the more subtle and radiating sensations in their bodies. We will then fill those sensations (vibrations) with the intentions of Metta (loving kindness) while sending that all within and without. May all beings be happy, may all beings be free from their suffering, and may all beings share in my love, my good will, my peace and my harmony.

"I have been practicing Vipassana Meditation and Metta meditation since 2000 having attended over 20, 10 day retreats and have also spent many many months living and meditating at the centres. I have a daily meditation practice and always start and finish all of my workshops and Metta Massage session with Metta Meditation."

"I have been holding Metta Meditation sessions for as long as I have been running workshops and treating as a therapist (a really long time and many many times!)"

Metta really is such a simple yet profound technique not just for healing and forgiving but for just setting the tone of any space or group. Metta is like a soothing balm that just washes away negative emotions like anxiety, fear and anger. My desired outcome is that all being be happy!



Freedom Art / Time

George Zelen

Explore painting from your heart. You do not need to have any experience or skill in art making - the process is not about creating aesthetic images, but about effecting change and growth through artistic expression in a safe and supportive environment (all art materials are supplied). In a nutshell Freedom Art / Time is self-exploration using a body and mind technique - combined with a piece of 30 x 30cm mdf board, paint and your imagination.

Embark upon this playful journey into the tapestry of your authentic self, exploring a deeper dimension of self-awareness and archetype(s) realisation through transpersonal art therapy.

Brief Biography

As an established conceptual artist, former Computer Sciences lecturer and an affiliated advocate for people with a disability - Zelen intertwines structured process into artistic exploration, along with subconscious mind play via modalities of transpersonal art therapy. Being the founder and proprietor of Freedom Art / Freedom Time® - he continues to offer therapeutic opportunity for personal exploration via interactive / no interactive art workshops.

zelenartwork.com/freedom-timereg.html

H'Art Leo

Tate Jerrems



H'Art Leo is a creative experience for men, focusing on emotional and spiritual health. The workshop is a guided experience of meditation, visualisation, art making, body movement and sound, all in a safe environment for healing through the power of creativity. At Menergy, H'Art Leo will be tailored towards a deep journey into the heart space, bringing this out into the physical world utilising natural elements, craft, paint & clay. The powerful nature of this process will assist men in unlocking the unspoken, the unheard, and the unknown. The beauty of art therapy is that one is encouraged to delve into the unexpected, and allow unseen forces of self and spirit to emerge. The group will be given the chance to dialogue about their experience, solidifying the process and bringing them back to earth.

Tate Jerrems is an experiential arts therapist, energy healer & clairvoyant, bringing a strong sense of intuition and creativity to his workshops. Compassion, care and self-love are of utmost importance to his work, alongside a strong sense of character and encouragement. Tate has worked as a clairvoyant and creative therapist for the past 7 years, taking his skills as far as Berlin and New York, as well as servicing Melbourne and country Victoria. He is deeply connected to the earth, the sky, the stars, as well as his own deeper sense of self. This means he brings experience, wisdom and strength to any space he creates, and encouraged the same in his clients.

Let's Play

Damien Litchfield



An opportunity for men to come together, chill out and connect with that sense of childlike fun. Organised games, activities and laughs.

Brief Biography Damo is a man often accused of taking life too seriously. He is the father of 3 beautiful children and has a beautiful wife (as Zorba the Greek would say "the full catastrophe"). He is on the search to rediscover and reconnect with the reckless abandonment of youth. A place of fun and connection. I look forward to meeting you there.

Our Wild Guides

Lee Giddings



Are you ready to meet 7 of the Powerful Masculine Guides "Living" within you? Through a variety of Natural movements including Dance, Qi-Gong, Yoga, Play and Meditations we'll meet them...These Guides are within Us, connecting us Into our Infinite Hearts, our Amazing Bodies and our Brilliant Minds. To me, these Guides are what inspires and energises us everyday. I call these Guides, their homes in us, and how they guide as follows:

- Wild Man - Base Chakra: Survival and Grounding
- Lover - Sacral Chakra/Tan Tien: Sex and Creation
- Warrior - Solar Plexus Chakra: Action and Destruction
- King - Heart Chakra: Focus and Centring
- Artist - Throat Chakra: Expression and Portrayal
- Wizard - 3rd Eye Chakra: Magic and Insight
- Wise One - Crown Chakra: Higher Purpose and Unity
- Let's Journey to meet them!

I have facilitated Several long-lasting Men's Circles, held many Sweat Lodges, co-ordinated Singing groups and Chanting circles, taught Taekwondo, Qi-gong and Kung-Fu as a Black-belt teacher among quite a few other groups I've co-ordinated over the last 20+years. My deep connection to the Natural world as a reflection of my authentic nature has been with me all my life. I Love bush walking and spending time in nature, martial arts, yoga, dance, great food & healthy nutrition, playing & listening to music and doing moving & still meditations

Men's Wellbeing

Men's Wellbeing Inc is a not-for-profit community organisation. We focus on developing the wellbeing of men to foster healthy relationships, families and communities.

As a community, we provide innovative nationwide experiential programs that enable men to support men through groups, gatherings and online resources.

Our Patron is Steve Biddulph - internationally renowned family psychologist and best-selling author of *Manhood*, *Raising Boys* and *Raising Girls*.

Men's Wellbeing is a totally self-funded community volunteer organisation providing men's personal development groups, weekend men's gatherings and retreats, support networks and structured facilitator training – all of which get right to the heart of what it means to be a man in the 21st Century!

The organisation was founded 21 years ago when counsellors and other men involved in human services noted a distinct lack of community and government resources providing for the emotional, physical and spiritual wellbeing of men and boys.

These men formed a volunteer telephone helpline service which ran for six years and benefited more than 18,000 men, leading to the forming of the first men's weekend gathering on the Sunshine Coast.

Since then the organisation has grown through the motivation and initiative of its members to become one of the key bodies in Queensland and Australia addressing the social wellbeing factors that help to create self-aware, healthy men, healthy families and communities.

Many of our members have grown to lobby and consult with government and service agencies on broader community and political issues affecting men, their health and wellbeing, families and relationships, and areas of gap in community services for men.

menswellbeing.org

Menergy Men's Group's

Are you looking to be part of a Men's group but don't have one in your area? Would you like to start one but are not sure how and would like some support and mentoring from experienced men?

If you've recognised the desire within yourself and other men to gather and connect in a meaningful, supportive way and assist each other in the journey of manhood. Then you should enrol in the Menergy Men's Group program and start a group in your area and be assisted by an organisation that has been supporting men's gatherings for 15 years.

Menergy and Men's Wellbeing have combined to provide a program to help stimulate men to set up a Men's Groups in their area and provide them with the necessary skills and support to facilitate and manage their own group.

If you have the desire and would like to facilitate a group of men and establish a Men's group that you nurture and grow with then we invite you to register your interest.

What's required

- Have attended a MWB event
- Completed Menergy Men's group Facilitator Training
- Performed as a Tribal Group Facilitator &/or as a workshop presenter at a MWB event
- Be Highly regarded man in the community that can uphold the values of the training

What's provided

- Membership to Men's Wellbeing
- 2 Day Facilitator Training in setting up and facilitating a Men's group
- Ongoing support & Mentoring
- Website representation of your group
- Quarterly meet ups called 'Greater Circle' for support, mentoring & training.

Training

The training is conducted by Gavin Daly who is an experienced Men's trainer who has facilitated many Common Ground programs and has delivered facilitator training for over 10 years. He will bring a wealth of experience and professionalism to the class. The training will be a mix of instruction, teachings and role play.

- 2 Day Weekend Facilitated training in Melbourne(Non-Retreat 10am – 5.00pm)
- Delivered by Professional men's trainers from Common Ground
 - How to start a group
 - Creating a safe container
 - Setting the right framework
 - Keeping it dynamic
 - Keeping it Lively
 - How to deal with conflict
 - How to build trust
 - How to maintain integrity of the group
- Training Manual / Booklet provided
- Lunch & refreshments (tea/coffee etc.)

Where

Mark St Hall
1 Mark St, North Fitzroy
Melbourne, Victoria 3065

When

Saturday 28th – Sunday 29th November 10.00am – 4.30pm

Cost

Usual cost would be \$295.00, however through funding from Menergy the total cost per participant is **\$125.00**

Promotion and maintaining

Once you are trained and ready to start your group we are prepared to promote it via our social network and website to encourage men to join your group. You may wish to keep your group 'private' or invite only, that is entirely up to you. Our objective is to support you and your group.

You will have contacts from Men's Wellbeing and the Menergy committee who can assist you and provide advice and support when you need. There is a planned quarterly gathering called 'greater circle' to which you will be invited. This is a meet up and support group for men to attend and share with each other and some workshop training.

Register your Interest

To register your interest please go to the Menergy Website and register your interest in the event. You will be contacted directly and an invitation to attend will be forwarded to you along with payment details.

menergy.org.au/mens-groups