

## Growing Men Programme

### Week 1

There will be a welcome and introduction, going into a *check-in* time asking your name and how you're feeling right now.

This session will be looking at learning to listen and will include an Empathy Exercise talking about Values, Aspirations and setting goals. The session will conclude with creating some action plans, and then a *check-out* time looking at what you got out of this evening's session.

### Week 2

As we did in the first week will begin the session by each of us *checking-in*.

This week will be looking at developing and building integrity, culminating in an action plan, making note of any occasions when maybe you felt you have not acted with integrity.

As before we will close the session by each of us *checking-out*.

### Week 3

This week as before, we will commence with a *check-in* and then begin to look at the Jungian Archetype (finding out about our personality types) and how we can build and practice a life of integrity. Getting to know about the different archetypes (different examples of being a man) focusing this week on the *Lover, Grief, Warrior* and *Anger* types and as before concluding with a *check-out*.

## Week 4

In Week 4 we will continue building our integrity practice and getting to know more about the different archetypes of men. This week we will be looking at the *Magician, Fear, Sovereign and Joy* types. And as previous weeks, starting with a *check-in* and concluding with a *check-out*.

## Week 5

This week will continue with building our integrity practice, dealing with emotional charges; strong, raw, and uninhibited emotions that can be difficult to control, and self-limiting beliefs. And as previous weeks beginning the session by *checking-in* and concluding the session by *checking-out*.

## Week 6

The last week we look at continuing to build our integrity and how we deal with emotional charges, concluding with a review of the work we have done throughout the programme, with our final *check-in* and *check-out* as previous sessions.

Phone 01926 888003 Web [www.wellhealing.org](http://www.wellhealing.org)

20 Augusta Place, Royal Leamington Spa

Warwickshire CV32 5EL

We are on:

