



Changing the world one man at a time.™

The Mankind Project | PO Box 383 | Kaysville, UT 84037 | mkpusa.org | 800-870-4611

Hello! Thank you for your interest in the ManKind Project.

Emotionally mature, powerful, compassionate, and purpose driven men are helping heal some of society's deepest wounds. This is why we do the work, and why the men who get involved with the ManKind Project are passionate about seeing it grow.

If you're talking about masculinity and changing manhood, come talk to the ManKind Project. MKP is a thought-leader in men's emotional development and healthy masculinity.

Men's roles in society are changing rapidly. The 'old' stereotypical ways of being a man just don't work, and yet society still needs some of the qualities of that 'traditional' masculinity. MKP helps men break out of isolation, build emotional intelligence, and live with purpose, integrity, and authenticity.

The way we socialize boys and men is a trap. And yet often men hold tightly to the misery they know, because the risk of the unknown, and the perceived loss of letting go of the 'old ways' is scary. Changing 'one man at a time,' we change the world. We are evolving the social-emotional programming at the core of manhood, creating a new story and new possibilities for society.

Men can no longer go it alone. We see men's work as essential to our shared future.

Possible questions to frame a story:

What is healthy masculinity?

How do men learn to be men?

How do men become better men?

What should we do about the 'crisis in masculinity'?

I would love to talk to you about how we support men, and how you can help.

Thank you,

A handwritten signature in black ink, appearing to read "Boysen Hodgson". The signature is fluid and cursive, with a large initial "B" and "H".

Boysen Hodgson
Communications & Marketing Director
communications@mkpusa.org

MAKING A DIFFERENCE

CEMBER 9, 2018

BY SHERRY RICHERT BELUL
13 FIXTURES
Ralph Lauren's secret weapon:
his barber. BY STEVEN KURUTZ

LIFESTYLE | RELATIONSHIPS | SOCIETY

SundayStyle

The New York Times



MKP CAPTURES A FRONT PAGE FEATURE ABOUT EMOTIONAL GROWTH FOR MEN.

120 NWTAs Annually

68,000 Graduates

900 Men's Groups

26+ Countries

4,000 MKP Volunteers

500 Mission of Service Award Winners



1.6 MILLION
Facebook Fans

THE MANKIND PROJECT

MKP is a globally recognized leader in Men's Personal Development.

With an international network of men's groups and a curriculum of men's trainings, we create profound ripples in the world. Men become better fathers, partners, husbands, sons, workers, friends, and global citizens. We bring new awareness and new skills to every part of the world.

Peer reviewed studies show that the work we're doing reduces gender conflict and has lasting positive impacts on health, relationship connections, personal well-being and life satisfaction. A 2019 Independent study by the Social Research Lab at the University of Northern Colorado found that involvement in the ManKind Project showed significant impacts in decreasing depression and isolation and increasing positive connection and healthy reliance between men.

We believe that emotionally mature, powerful, compassionate, and purpose driven men can help heal some of society's deepest wounds.

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Call 800-870-4611, visit mkp.org
media@mkp.org to learn more

Men's Community for the 21st Century!

Men connect with authenticity, vulnerability, and accountability that is incredibly rare in our highly transactional society.

Every year over 2,000 men attend the New Warrior Training Adventure (NWT), embracing a life-changing opportunity for radical self-examination and connection.

Every week we directly serve nearly 10,000 men through free and confidential men's groups. We help men continue their 'hero's journey,' as men mentoring men through all the passages of their lives.

'New Warriors' positively transform families, communities, institutions, and society as mature leaders and role models, working with others to benefit humanity through missions of service.

The ManKind Project (MKP) is a nonprofit organization with 14 Regions in over 26 countries around the world. MKP is not affiliated with any religious practice or political party. We strive to be increasingly inclusive and diverse.

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Imagine groups of men in hundreds of communities around the world; actively taking individual and shared responsibility for a better future.

WHERE WE STARTED

Create a safer world, by growing better men.

Offering life-changing trainings and a network of men's peer support groups around the world.

In 1984, three men had a "wild" idea for a men's training. They wanted to create an intensive experience for men to overcome internal obstacles, heal emotional scars, find purpose and healthy power, and to connect head, heart, and soul in a supportive brotherhood of men.

Inspired by timeless ritual, poetry and myth, numerous therapeutic modalities, and cutting edge personal development and leadership, three men: a therapist, a marine, and a professor, launched the first "Wild Man" weekend in early 1985 in Milwaukee Wisconsin. Since then the New Warrior Training Adventure has been held over 2,500 times, graduating over 65,000 men.

Training graduates, inspired by their life-changing breakthroughs, have built the global organization now offering over 150 trainings a year: initiation, leadership, meditation, purpose, relationship, cross-cultural competency and more.



YEARS of CHANGING MEN'S LIVES

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**AWAKE, ACCOUNTABLE,
POWERFUL, PURPOSE DRIVEN,
EMOTIONALLY MATURE,
COMPASSIONATE MEN.**

48 Hours Can Change Everything

Men describe the NWTA as the most powerful experience of their lives!

The New Warrior Training Adventure [NWTA] is a modern male initiation and self-examination. It is the “hero’s journey” of classical literature and myth that has nearly disappeared in modern culture. We ask men to stop living vicariously through movies, television, addictions and distractions and step into their own adventure – in real time and surrounded by other men. We provide a high intensity, safe, and affirming experience to connect men to themselves and each other with purpose, adventure, spirit, fun, and emotionally authentic male community.

♥ 🔥 A HERO'S JOURNEY 🛡️ 👑



THE CALL - Any time: A man experiences an internal ‘call to adventure.’ He makes a choice to take a risk and set out on a hero’s journey to improve his life and make a difference.

SEPARATION - Friday night: Separation from the familiar. Team-building, individual and group exercises examine the modern male psyche: accountability, leadership, confrontation, competition.



DESCENT - Saturday morning: An exploration of male emotion, conflict, purpose, and healthy power. Busting down stereotypes. Revisiting life history and stories. Preparing for the ordeal.

ORDEAL - Saturday afternoon: A challenge of mind, heart, body, and spirit. Men step into power, break through barriers, experience supportive brotherhood, connection to men, and mature manhood.



INITIATION - Saturday night: Taking responsibility as a man among men. Exploration of group dynamics, diversity and similarity. A test of solidarity and trust. Welcome into a community.

INTEGRATION - Sunday morning: Acknowledging ancestry and legacy, connection, purpose, and intention. Real talk about male sexuality. Recognizing our interconnection with nature.



CELEBRATION - Sunday afternoon: A feast of Welcoming, affirmation, laughter, and community. Begin integrating the learning of the weekend. Wrap up and send-off.

Men learn to connect with authenticity, vulnerability, and accountability that is incredibly rare in our highly transactional society.

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IN THE NEWS

'Follow This' on Netflix

In May 2018, a group of over 20 New Warriors gathered in NYC for a first ever event, a men's group created for the screen. On August 23, Netflix / BuzzFeed launched 'Follow This' with an episode called 'Men's Rights.' After showing the darker side of the 'men's rights movement,' reporter Scaachi Koul presents MKP as a possible solution to the issues that men face. Our work is shown beautifully and truthfully. This piece has garnered mentions and praise from around the world.



NY Times Feature Story

On December 9, 2018, the ManKind Project was the cover story for the Style section of the New York Times. The story by Hannah Seligson highlights men at the forefront of cultural changes in men's personal growth. Seligson participated in a men's group in Manhattan which she described as 'very moving,' and interviewed a number of New Warriors for the story.



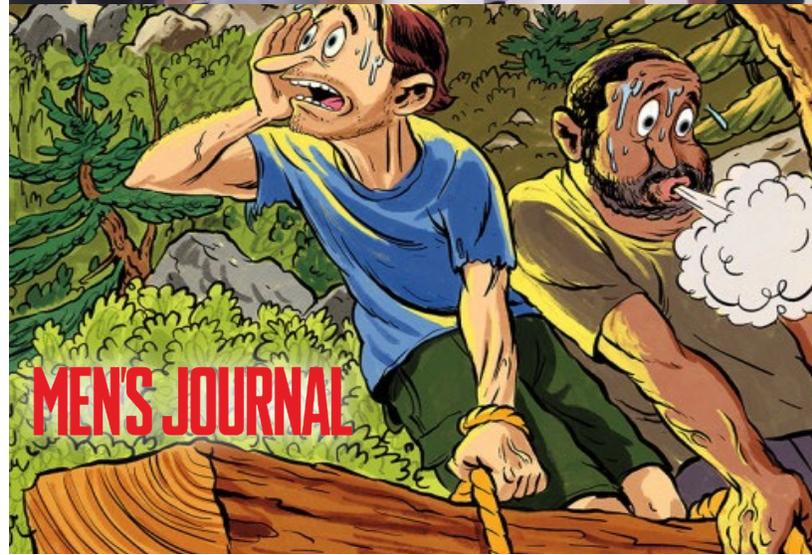
Featured on Healthline.com

From the #1 site for online health and wellness. The feature is with Omar Davis, a host who is looking at growing trends in mental health and healing. This session was recorded in Manhattan with an incredible group of New Warriors who showed up willing and able to bring their authenticity and emotion to the room, even with the lights and cameras!



The Men's Journal

The September 2019 issue includes an article by Bill Heavey called "*Are Men-Only Retreats Helpful or Hogwash?*" His empathy and compassion show through, even when he's being challenged and feeling uncomfortable. "The vibe is neither New Agey nor contrived—it's just what emerges when we stop bullshitting ourselves."



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Call On Us

We're experts on men's social-emotional development.

In the shadow of school shootings and the light of #metoo / #timesup, there is a rising movement to create a stronger, more compassionate, purpose-driven and emotionally aware manhood. Too many men are struggling, isolated and disconnected. It's time for a sea change.

The ManKind Project USA is on the front line of this awakening for men, offering trainings that empower men to connect with their emotions, purpose and values and step into a new way of being and leading in their careers and communities.

A representative from the ManKind Project would be happy to connect with your organization to talk about the evolving state of masculinity, men's community, men's personal development work, purpose and mission, building healthy relationships, mentoring, men's community, the 'hero's journey,' rites of passage... and more.

MKP Men as seen on...

New York Times, NetFlix's Follow This, GQ, VICE, Oprah's Lifeclass, Super Soul Sunday, CBS Sunday Morning, TODAY, NPR, BUZZFeed, UPWorthy, TEDx, ABC News, Fox News, UK Independent, Guardian UK, London Sunday Times, Forbes, ODE Magazine, Psychologies Magazine, The Republic, New Statesmen, Prescott Daily Courier, Santa Barbara Independent, Durango Telegraph, Minneapolis Star Tribune, Gay Calgary Magazine, Sydney Morning Herald, Detroit Metro Times, The Dallas Voice, Pitchfork.com, GoodMenProject.com, Huffington Post, Feminist.com, Out.com, HRC.org, OUTSmart, ArtofManliness.com, Masculinity-Movies.com, MensStuff.com, Men's Health Network, MenAfterFifty.net



**BETTER
MAN**
CONFERENCE

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Creating Space For Men To

Isolation

Emotional
Expression

Depression

Healthy
Connection

Gender
Conflict

A Growing Base of Quantitative and Qualitative Research Proves the Effectiveness of MKP's Men's Work

Between 2006 and 2010, the ManKind Project was the subject of a longitudinal study on the impact of the NWTa on participating men. Men were surveyed using a selection of standard measures for Depression, Conflict between Work and Family, Life Satisfaction, MKP Values/Ideology/Growth, Restrictive Affectionate Behavior Between Men, Restrictive Emotionality, Success Power and Conflict, and Social Support, prior to participation and one week, six months, approx. one year, and two years afterward. The results revealed significant pro-social changes in men's attitudes and behaviors more than a year after the training program. Ryan Stanga, one of the researchers who worked on the study said,

"In short, one year after attending the NWTa, attendees consistently reported improved scores on measures of Depression, Conflict between Work and Family, Life Satisfaction, MKP Beliefs/Ideology/Growth, Restrictive Affectionate Behavior Between Men, and Restrictive Emotionality as compared to their reported scores before

the NWTa. These same improvements were maintained when the same scales were measured two-years after attending the NWTa. Each of those scales are described in the paper."

"What it means is that we can say with some increased confidence that what we do on the weekend is meaningful and has impact. This is not just anecdotal or our impression, but is confirmed by data."

— Peer-reviewed findings from this research was published in **"The American Journal of Community Psychology"** (Volume 45, Numbers 1-2, 186-200) and the **"Journal of Self-Help and Self Care"** (Vol 8, No. 1).

A 2019 independently conducted study of the ManKind Project by the **Social Research Lab of the University of Northern Colorado** found significant decrease in symptoms of depression and isolation, and increases in prosocial connection and reliance on others.

"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

"If I had a magic wand, I would give this gift to every man alive. It is a life changing experience. Mankind invites men to look deep and to be and live out of their core - in other words to be and live who they really are, not what society, their families, and others think they "should" be.

— Barbara Hunt, MS, LPC, LMFT

WHAT PEOPLE ARE SAYING

I think the old paradigm and the old archetypes don't suit us. We know they don't suit us. We're actually seeing it all around us. And we're needing to redefine ourselves. I think there's many ways to do that. You know, rites of passage, the ManKind Project.
— John Butler, John Butler Trio



"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, Producer

If you are a man or know a man craving a community of brothers who will support you, hold you accountable and push you to be the best version of yourself then look up mankindproject.org and find a New Warrior Training Adventure happening near you.
— Eka Darville, Actor, Artist



There's this group called ManKind Project, they lead retreats to try and help men feel more OK with all the different sides

of being a man. I went on one of those retreats because I was so intrigued.

It was ... amazing.

~ Jim James, Singer/Songwriter

"They [MKP] have an experiential retreat/training weekend that continues to be the most incredible weekend experience I've ever had. MKP is a tremendous adjunct to therapy and 12-step groups. I can't recommend them highly enough."
~ Ron Nevelow, LCSW

"I, literally, have sent hundreds of men to the NWTA. The response I have received from my clients who have gone through it has been overwhelmingly positive. They become better partners, better parents, better men."

~ Patti Henry, M.Ed., L.P.C., Author

"In 2012 I joined a men's group called the ManKind Project, which is a men's group for all men, and was introduced to the still foreign and potentially threatening concepts of us... and we... the idea of brotherhood, sisterhood, and community."
~Wentworth Miller, Writer, Actor, Director



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