Training – Softness



Joey Velberg | Young Master

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Brochure

Gender is a construct. Therefore, so is masculinity. And yet few things in life seem so rigid and ubiquitous as masculinity. The number of boys and men* openly struggling with their gender identity is rising. During this session, I use my experience as writer, coach and facilitator to ensure a safe atmosphere for participants to share their thoughts and experiences. In doing so, I strive to create a meaningful environment for candor conversations. Feel welcome to join and get one step closer towards renewing your masculinity.

PROGRAMME
This training includes:
– Brave space
– (de)constructing masculinity
– Emotion regulation
– Consent
– Communication tools for your ongoing journey

PURPOSE
After following this training, you will have refreshed the concept of masculinity, as well as your humanity. You are able to identify key indicators for personal growth. You will also feel more comfortable discussing this topic with other men. And you have been listened to, without judgement.

FOR WHOM
This training is for men – from all walks of life – who wish to renew their relationship with masculinity.

*When I say ‘men’, I mean all men: cisgender and transgender, straight and queer, and all colors.

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PRACTICAL INFORMATION
The study load for this training is equal to the duration of the training, namely half a day. No preparation is necessary. Also, there will be no explicit homework afterwards. The training itself is not only an educational experience, but also a powerful intervention.

Study materials do not need to be purchased. If the use of exercises in the form of paper instructions, cards or other working methods is necessary, the trainer will take care of this.

No prior education is required to follow this training.

LOGISTICS
When: On request
Where: Online / On location
Participants: Between 8 – 12 people
Costs – Open enrollment: €125** per daypart / €200** whole day
Costs – In company: €995** per daypart / €1850** whole day

**Excluding traveling costs and venue (if applicable). Exempted from VAT.

SIGN UP

