An Intro to 'Why' - Packet #1

Purpose & Values, Context & Essence

Igniting Change, Building Connection, Embracing Growth

Draft Updated 11/27/23

Table of Contents

1. Foreword
2. Staggering Statistics
3. Purpose - Mission
4. Vision
5. Male Mentality – *Positive Aspirations*
6. Male Mentality – *Negative Transformations*
7. Archetypes
8. Healing-Sanctuary Temple Image
9. Organizational Intentions
10. Organizational Goals & Objectives
11. Our Values
12. Our Vow
13. Pledge, Participate, Sponsor

MALE

MENTALITY

MALE MENTALITY

Updated 10/07/23

Draft

Foreword

Welcome to Male Mentality



Dear Brothers,

Many of the men we work with find themselves at a crossroad in life. While outwardly they may appear to have everything under control, internally they grapple with feelings of being overwhelmed, stuck, and hurt. These men are facing pivotal moments in their relationships, experiencing personal life challenges, or are simply feeling lost in the maze of life. Many are battling with confusion, loneliness, and a deep-seated sense of not being understood. They might not always recognize that they need help, but there's a persistent nagging sensation that something needs to change. Their pain points include:

· *Relationship Struggles: Whether it's with a significant other, family, or friends, our ideal client often finds himself in constant conflict, miscommunication, or feeling distant from those he cares about.*

· *Career Dissatisfaction: Even if they've achieved conventional success, there's an underlying feeling that they're not in the right place, not living up to their potential, or are stuck in a mundane routine.*

· *Emotional Well-being: Many grapple with feelings of anxiety, depression, or a general sense of unhappiness without knowing the root cause or how to address it.*

· *Self-worth Issues: There's a recurring theme of not feeling good enough, comparing themselves to others, or battling insecurities that hold them back from truly enjoying life.*

· *Life Purpose and Direction: They often ponderthe deeper meaning of life, questioning their current path and feeling uncertain about the future*

Men's Mentality Support:

***#1 Men Transforming* Challenges**

***#2 Men Creating Their* Life Architecture**

Experiencing Joyous, Fulfilling Lives, Authentically Expressing Their Inner Purpose, Realizing Their Full Potential while Expressing Well-being & Balance

***#3 Men Building Their* Living Legacy**

The Extraordinary Adventure – Realizing Life Purpose, Expressing Significance, Manifesting Mission, Pursuing Full-Potential – Living the Vision while Unfolding Destiny - Making a Difference Advancing the Human Spirit

The Crisis of Boys and Men – *New York Times Opinion on book, 'Of Boys & Men', by R. Revees*

Like the British after WWII, m
en have lost an empire but not yet found a role. Many men have an obsolete ideal: Being a man means being the main breadwinner for your family. Then they can't meet that ideal. Demoralization follows.

Ambition doesn't just happen; it has to be fired. The culture is still searching for a modern masculine ideal. It is not instilling in many boys the nurturing and emotional skills that are so desperately important today. A system that labels more than a fifth of all boys as developmentally disabled is not instilling in them a sense of confidence and competence.

Many men just seem less ambitious…. As Reeves puts it: "It is not that men have fewer opportunities. It is that they are not taking them."

More men are leading haphazard and lonely lives. Roughly 15 percent of men say they have no close friends, up from 3 percent in 1990. One in five fathers doesn't live with his children. In 2014, more young men were living with their parents than with a wife or partner. Apparently even many who are married are not ideal mates. Wives are twice as likely to initiate divorces as husbands.

The statistics are staggering as you'll see on the next page.

MALE MENTALITY

Updated 10/11/23

Draft

Staggering Statistics

Why We Care and are Committed



Mental Health

- 6 million men suffer from depression but many more report symptoms of: fatigue, lethargy, sadness. MHA
- 3 million have panic attacks, phobias, of the 3.5 million people in the US diagnosed with schizophrenia, 90% are men by age 30. MHA

Suicide

- Is a leading cause of death and men are 4 times higher than women. CDC
- Men account for 3 out of 4 "deaths of despair" — suicide and drug overdoses. (TNYT, Of Boys & Men)
- For every suicide death, there were about: 3 hospitalizations for self-harm, 8 related emergency department visits, 38 self-reported suicides, 265 people who seriously considered suicide in the past year. CDC

Violence

- 90% of all homicides were committed by males. 80% of victims are men. UNODC
- 94% of the victims of murder suicides are female. VCADV
- 1 in 5 women have been raped in their lifetime. VCADV
- 1 in 4 women have experienced severe intimate partner physical violence VDADV
- 19.3 million women in US have been stalked in their lifetime.VCADV

Substance Abuse

- 1 in 5 men develop alcohol dependency NCDAS
- 22% of males used illegal drugs or misused prescription drugs within the last year. NCDAS
- WHO has determined excessive alcohol use is responsible for 7.1% of disease among males
- Men are more than twice as likely as women to die from drug overdose NCDA

Addiction

- More than 90 percent of young men report watching porn videos with some regularity. On Pornhub, the world's largest porn website, well over 90 billion videos are viewed daily by men and women, approximately 47 million men. Psychology Today
- Average man watches 3+ hours a day of TV (2009-2022 Statistica.com), ½ leisure time (2019 USBofLS)
- Average male spends 1.81 hours day on social media, living 73 years that's 5.7 years (searchlogistics.com)

Loneliness

- Men often don't have close friends. In heterosexual relationships, women often maintain friendships for the couple. (Psychology Today)
- Loneliness is correlated with longevity. It is a risk factor for health problems such as cardiovascular disease and stroke. (Psychology Today)
- Study found 63% of men to be lonely, feelings of isolation were prevalent across generations. (Psy. Today)

Disease - Percentage of Men 18 or over (CDC):

- In fair or poor health: 13.8% (2022)
- With obesity: 41.6% (2017-March 2020)
- With high blood pressure 50.5% (2017-March 2020)
- Who met the 2018 federal physical activity (guidelines) 28.3%
- At least 65,000 more men than women have died from COVID-19 in the US (Brookings)

Unemployment

- One in three American men with only a high school diploma — 10 million men — is now out of the labor force. The biggest drop in employment is among young men aged 25 to 34. (TNYT, Of Boys & Men)

Boys at Risk, Gays, Men of Color, Teens, Youth in Poverty,
The statistics are even more staggering, the pain points higher.

MALE MENTALITY

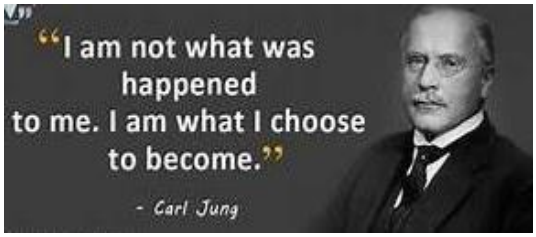
Igniting Change, Building Connection, Embracing Growth

Updated 10/11/23
© Troy DaRonco

Rough Draft – a work in progress

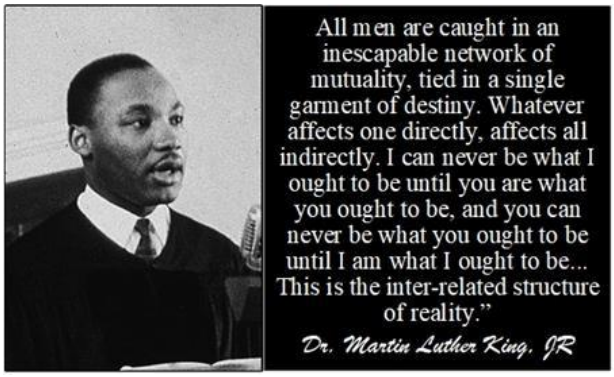
Purpose

From Struggle to Strength: Developing Resilient Men, Thriving Relationships



Our purpose centers around offering transformative support and growth opportunities for men. By fostering a community that values emotional well-being, self-improvement, and healthy relationships, we guide men towards becoming the best versions of themselves.

Mission



Men are called to support each other in living fulfilling lives while making a positive difference in all the domains of their life and the world.

At Male Mentality, <u>our mission</u> is to empower men with the tools, skills, strategies and knowledge they need to transform their lives and relationships. We understand that many men can feel hopeless, lost and stuck at times. We are dedicated to providing them with a path towards understanding, peace, and hope. We firmly believe that every man possesses the innate capacity to cultivate resilience and effect positive change in his life.

Our <u>commitment</u> is to provide men with the essential skills to navigate the complexities of relationships, overcome self-imposed limitations, and prioritize mental well-being, culminating in a life lived with confidence and purpose. When men find themselves in moments of hopelessness, confusion, and stagnation, we are there. Our solemn commitment is to offer them a path toward understanding, inner peace, and renewed hope. We are committed to guiding men on a transformative journey of self-discovery and personal growth through tailored coaching, ongoing support, and meaningful resources.

Our <u>core values</u> of empathy, integrity, and authenticity propel our efforts to foster a safe, inclusive community where men can openly share their trials and dreams. Together, we strive to shatter barriers, challenge stereotypes, and champion healthy masculinity. At Male Mentality, we envision a world where men boldly embrace their vulnerabilities, communicate effectively and build genuine connections, ultimately leading to a more gratifying life and enriched relationships.

In a world where countless men grapple with the shadows of isolation, depression, and unexpressed emotion, our mission is to be the beacon of transformative hope and empowerment. We envision a society where every man has access to the guidance, tools, and support essential for rediscovering purpose, connection, and inner strength. Through tailored strategies, unwavering accountability, and compassionate perspectives, we are dedicated to not only bringing men out of the darkness, but also equipping them with the resilience and vitality to thrive. Together, we are forging a future where the strength of a man is measured not by his ability to stand alone, but by his courage to seek help and uplift others along the journey.

At Male Mentality, we envision a world where every man can thrive, embracing the complexities of modern life while preserving their individuality and masculinity. Our organization is dedicated to fostering meaningful friendships, providing support in times of struggle, and combating the issues of loneliness, isolation, and suicide that disproportionately affect men today. (See Vision on next page)

MALE MENTALITY

Updated 10/11/23
© Troy DaRonco

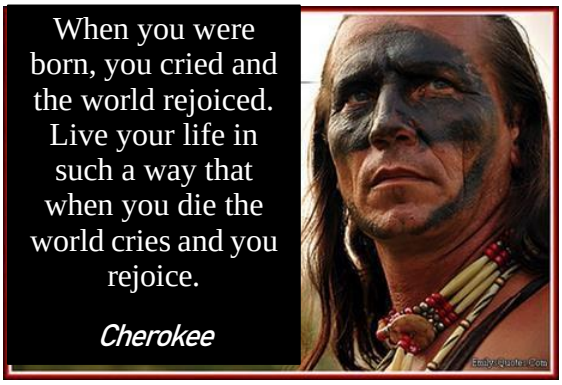
Rough Draft – a work in progress

Igniting Change, Building Connection, Embracing Growth

Vision

Equipping Men Individually for Success in Relationships and Life

Our vision is to empower men with the knowledge and tools to make conscious choices that transform their lives, enabling them to overcome relationship hurdles, embrace their inner strength, and thrive in every aspect of their journey through life.
At Male Mentality, our vision is to be the guiding light for men who are feeling lost, hopeless, and stuck in their journey towards a fulfilling life and meaningful relationships. We believe that every man deserves to find understanding, peace, and hope.

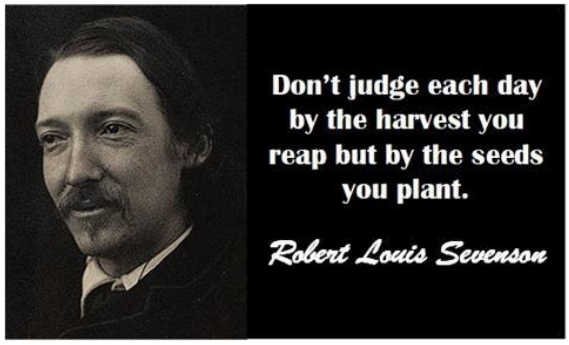


Our vision is providing men with the insights, skills, and strategies they need to transform their lives. Through tailored coaching, unwavering support, and a wealth of resources, we empower men to unlock their inner potential and build unwavering confidence.

We envision a world where men develop emotional fitness as a core strength, enabling them to navigate life's challenges with intention and self-awareness, fostering personal growth and building meaningful relationships.

We envision a world where every man who comes to us with uncertainty leaves with a clear sense of purpose, a renewed sense of self-worth, and the ability to foster deep, meaningful connections in all aspects of their lives. Our commitment to their growth and well-being is unwavering, and we strive to be the catalyst for positive change that leads to a brighter future.

At Male Mentality, we are not just a support system; we are the architects of transformation. Together, we will redefine masculinity, inspire hope, and help men embrace a life filled with understanding, peace, and the relationships they truly desire.



Creating a Brotherhood of Support Redefining Masculinity.

Our vision at Male Mentality is to create a men's organization that embraces a balanced and inclusive approach to address the challenges and opportunities facing boys and men in today's world.
We believe that just as passionately as we advocate for women's rights, we should extend our compassion to vulnerable boys and men. Together, we can shape a world where men and women collaborate harmoniously, sharing the responsibilities and joys of life without prejudice or discrimination.

We realize that structural challenges underlie the problems men face, from educational disadvantages to shifting economic landscapes, and the erosion of traditional roles in families. We reject the notion of a zero-sum game in gender equality, understanding that addressing men's issues complements the progress made by women. We are committed to promoting a prosocial masculinity that adapts to the changing times, that nurtures fatherhood as an independent and crucial social institution, and that empowers men to excel in the jobs of the future, including those in Health, Education, Administration, and Literacy. Our organization will advocate for policy changes, encourage male engagement in caregiving, and support educational and vocational initiatives that empower boys and men to thrive in a postfeminist world. Together, we aim to create a society where all individuals, regardless of gender, can achieve their full potential while fostering stronger families and communities.

We envision our organization as a catalyst for a broader movement, creating a ripple effect of positive change in the lives of men, their families, and communities, ultimately fostering a more compassionate and interconnected world.

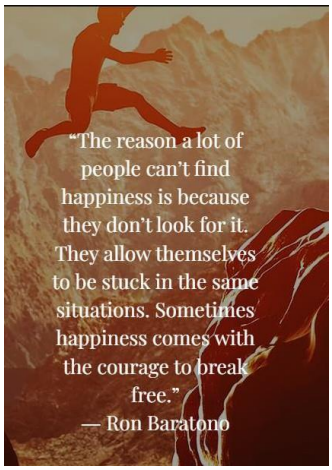
MALE MENTALITY

Updated 9/3/23, drm
© Troy DaRonco

Igniting Change, Building Connection, Embracing Growth

Draft Only

Male Mentality – Positive *Aspirations*



Mentality = The characteristic attitude of mind or way of thinking of a person or group:
SYNONYMS: mentality, attitude, character, mind, mindset, outlook, personality, psychology, sense, understanding, comprehension, disposition, headset, intellect

Traditional Positive Qualities ……

- Curiosity and Exploration: Males often exhibit a natural curiosity and desire to explore the world, fostering creativity, innovation, and continuous learning.

- Problem-Solving Orientation: Many males exhibit a problem-solving orientation in their thinking, seeking logical solutions to challenges and difficulties. This mentality often emphasizes analytical thinking and a focus on finding tangible ways to overcome obstacles.

- Protective Instinct: A positive aspect of male mentality is the natural instinct to protect and care for loved ones, fostering a sense of security in relationships.

Upleveling Traditional Mentality ……..

- Emotional Restraint and Stoicism: Male mentality may involve a tendency to display emotional restraint and stoicism, often influenced by societal norms. This can lead to the suppression of emotions as a means of demonstrating strength and resilience, even though emotional expression is a natural human trait.
Nurturing Nature: Positive masculinity recognizes the importance of nurturing and caregiving roles, contributing to the well-being and growth of families, friends, and communities.

- Competitive Drive: Male mentality often involves a competitive drive, which can manifest in various aspects of life, from sports and career pursuits to social interactions. This competitive nature might be rooted in a desire to achieve success, gain recognition, and establish a sense of dominance.

Traditional Positive Roles ……..

- Leadership Qualities: Leadership qualities such as confidence, decisiveness, and the ability to guide and inspire others are frequently found in male individuals.

- Traditional Provider Focus: Male mentality can encompass a focus on being the traditional provider for the family, valuing responsibilities such as financial stability and protecting loved ones. This perspective might prioritize career advancement and material provision as a way of expressing care and support.

Group Attributes ……

- Teamwork: While independence is often celebrated, men also demonstrate an aptitude for collaboration, contributing their skills to collective achievements. Positive masculinity values teamwork and collaboration, recognizing the importance of working together to achieve common goals.

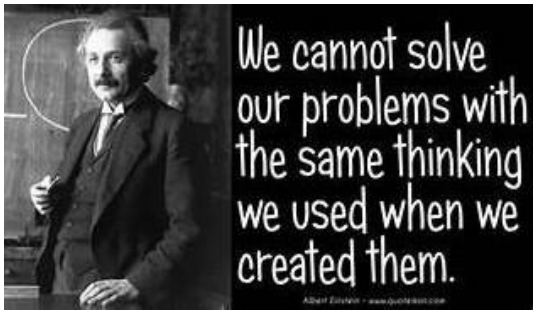
- Comradery and Group Dynamics: Male mentality can include an inclination toward forming strong bonds within groups, often characterized by shared activities, camaraderie, and mutual support. This aspect of male mentality may emphasize the importance of loyalty and cooperation within social circles.

© Troy DaRonco

Draft

Male Mentality – *Negative Transformations*

Emotional Suppression: Traditional male mentality often discourages men from openly expressing their emotions, leading to emotional suppression. This can result in mental health issues like anxiety, depression, and stress, as emotions are not adequately addressed and processed.



Aggression and Violence: Some forms of male mentality may emphasize aggression and dominance as signs of strength. This can contribute to a culture of violence, both physical and verbal, leading to conflict and harm in personal relationships and society at large.

Pressure to Conform: Certain versions of male mentality place immense pressure on men to conform to rigid gender norms and expectations. This can limit individuality and prevent men from pursuing interests, careers, or lifestyles that might be considered "non-masculine."
Traditional male mentality may pressure individuals to conform to rigid gender norms, limiting their ability to express themselves authentically and explore their interests.

Limited Communication Skills: Traditional male mentality may discourage open communication about emotions and personal struggles, hindering the development of effective communication skills in relationships.

Unhealthy Competition: An excessive focus on competition and success can lead to unhealthy behaviors, such as putting work or achievements above personal well-being, forming superficial relationships for networking purposes, and engaging in unethical actions to get ahead.

Lack of Help-Seeking Behavior: Due to the stigma around vulnerability and asking for help, some forms of male mentality may discourage men from seeking assistance for physical or mental health issues. This can result in delayed treatment and worsened outcomes.

Toxic Masculinity: Some male mentalities emphasize aggression, dominance, and control over others, perpetuating harmful attitudes and behaviors that can lead to violence and discrimination. Adherence to rigid gender roles can result in behaviors that promote the devaluation of qualities traditionally associated with femininity, such as empathy and vulnerability.

Unrealistic Expectations: Society's emphasis on success, power, and financial achievement can contribute to anxiety, stress, and a constant need to prove oneself, often at the expense of work-life balance and personal well-being.

Repression of Vulnerability: Traditional male mentality often discourages vulnerability, leading to difficulties in forming deep emotional connections and sharing vulnerabilities with others.
Pressure to Perform: The pressure to perform sexually and socially can create anxiety and insecurities, impacting self-esteem and contributing to harmful behaviors or attitudes toward oneself and others.
Fear of Vulnerability: A tendency to avoid vulnerability can hinder the development of deep, meaningful connections with others.

Misogyny: Traditional male attitudes may perpetuate disrespectful or hostile attitudes towards women, reinforcing gender inequality and harmful stereotypes.

Lack of Emotional Intelligence: Focusing solely on strength and resilience might hinder the development of emotional intelligence, making it difficult to understand and manage emotions effectively.
Aggression as a Solution: Encouragement of aggression as a means of conflict resolution can contribute to hostile interactions and strained relationships.

Limited Range of Expressions: Traditional masculinity may limit the range of acceptable emotional expressions, making it challenging for men to authentically connect with their own feelings and those of others.

Stifling of Hobbies and Interests: Societal norms may discourage men from pursuing interests that are considered "feminine," limiting personal growth and self-expression.

MALE MENTALITY

Updated 9/27/23
© Troy DaRanco

Igniting Change, Building Connection, Embracing Growth

Draft

Men's Four Core Archetypes

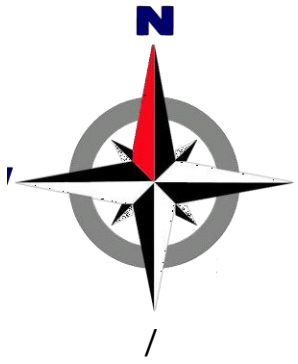
Advocate

King
Magi + Warrior
Companion

The Advocate is the modern man who is not only dedicated to his personal growth but is also passionate about promoting healthy masculinity and breaking down stereotypes. He sees the broader societal impact of embracing vulnerability, empathy, and authenticity. The Advocate aligns with the core values of empathy, integrity, and authenticity and actively participates in the mission to create a more inclusive world. He believes that by advocating for these values, he can help other men rediscover their true selves, empower themselves, and build the life and relationships they've always wanted. **(King)**

Builder

The Builder is the man who is committed to personal growth and transformation. He sees himself as a work in progress and understands that building a better life and relationships requires dedication and effort. The Builder values the structured coaching and tailored strategies to help him construct the life he desires. He believes that with integrity, consistency, and authenticity, he can lay the foundation for a fulfilling future and forge strong connections with others. **(Magi)**



Explorer

The Explorer is the modern man who seeks personal development and growth with a sense of curiosity and adventure. He's open to new experiences and willing to step out of his comfort zone to discover his true potential. The Explorer embraces the guidance and resources provided by Male Mentality to embark on a journey of self-discovery. He believes that life is a constant exploration of possibilities, and with the right tools and support, he can uncover his authentic self and create meaningful relationships. **(Warrior)**

Connector

The Connector is the man who recognizes the importance of genuine connections and effective communication in personal development. He understands that relationships play a vital role in his life and is eager to improve his interpersonal skills. The Connector embraces the inclusive community fostered by Male Mentality, where he can openly share his challenges and aspirations with like-minded individuals. He believes that empathy and healthy masculinity are key to forming meaningful relationships and enriching his life. **(Companion)**

Click Here to View: Traditional male archetypes overview (1 page)

Draft

Updated 11/8/23

MALES as INDIVIDUALS

Healing Temple for Transforming Challenges

Sanctuary for Designing the Architecture of Our Lives

"Our Aspirations"

Our Values, Our Culture

1 Respect
2 Emotional Intelligence/Fitness
3 **Self-Confidence**
4.**Responsibility**
5. **Communication**
6 **Empathy**
7 **Equality/Gender Equity**
8 **Vulnerability**
9 **Resilience**
10 **Self-Care**
11 **Supportiveness**
12 **Positive Role Modeling**
13 **Open-mindedness**
14 **Accountability**
15 **Compassion**
16 **Adaptability**
17 **Positive masculinity**
19 **Supportive relationships**
20 **Personal growth**

Traditional Positive Qualities

- Curiosity & Exploration
- Problem-Solving Orientation
- Protective Instinct

Traditional Positive Roles

- Leadership Qualities
- Traditional Provider Focus

Group Attributes

- Teamwork:
- Comradery & Group Endeavors

Upleveling Traditional Mentality

- Emotional Restraint and Stoicism
- Competitive Drive

Know Thy Self



Designing the Architecture of Our Lives

- Knowing One-self & Being True,
- Experiencing Joy & Fulfillment
- Authentically Expressing Inner Purpose,
- Realizing Full Potential
- Expressing Wellbeing, Whole-ness & Balance,
- Creating Nour-ishing Relationship
- Spiritual Connectivity

Building Our Living Legacy

- Realizing Outer Life Purpose
- Expressing Significance
- Manifesting Mission
- Pursuing Full-Potential
- Living the Vision while
- Unfolding Destiny, Making a Difference & Advancing the Human Spirit

Mentality = The characteristic attitude of mind or way of thinking of a person or group. We are renewing our mentality.

Body, Heart and Spirit - We are wholistic beings seeking our full potential in all the domains within and in service of others.

MALE MENTALITY

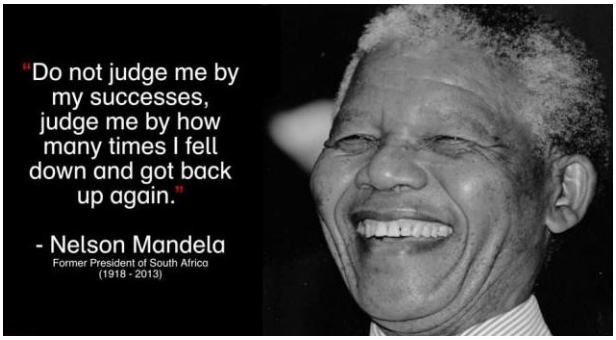
Updated 9/27/23
© Troy DaRanco

Draft

Igniting Change, Fostering Connection, Embracing Growth

Organizational Intentions

Promote Healthy Masculinity: Our primary aspiration is to redefine and promote a healthy, positive, and inclusive masculinity that encourages emotional intelligence, empathy, and respectful behavior.



Mental Health Advocacy: We aim to be at the forefront of mental health advocacy for men, breaking the stigma surrounding seeking help and fostering an environment where men feel comfortable discussing their emotional well-being.

Education and Awareness: We aspire to provide educational resources, workshops, and seminars that address topics such as toxic masculinity, gender equality, personal development, and empowering men to be better versions of themselves.

Community Building: We seek to create a supportive and diverse community where men can connect, share experiences, and learn from one another, fostering a sense of belonging and camaraderie.

Empowerment through Knowledge: Our goal is to equip men with the knowledge and tools they need to navigate life's challenges, make informed decisions, and build healthy relationships.

Positive Role Models: We aspire to highlight and celebrate positive male role models who embody the values of empathy, respect, and responsibility, inspiring others to follow suit.

Product and Service Innovation: We aim to develop innovative products and services that cater to men's physical and mental well-being, fostering personal growth and self-improvement.

Social Responsibility: We are dedicated to giving back to the community through philanthropic efforts, supporting causes related to mental health, gender equality, and social justice.

Global Impact: Our ultimate aspiration is to have a global impact, contributing to a world where all individuals, regardless of gender, can live fulfilling and authentic lives, free from the constraints of harmful stereotypes.

Aspirations • *Male Mentality is a -*

***Safe harbor** for weary sojourners needing a retreat, a better ship, new skills and the ability to navigate life more successfully.*

***Academy** for discovering wellbeing and fulfillment in all of a man's roles. It is for exploring mastery and expressing full-potential in life's domains and four core archetypes.*

***Healing Refuge** from the past – it's anxiousness and sadness, it's fears and frustrations, hurts and unhappiness.*

***Campfire circle** of brothers checking in and reconnecting with themselves and others, it's fellow journeyers sharing their trials and triumphs honestly, it's a place to be heard and to hear, to acknowledge and be acknowledged, nurture and honor.*

***Mountaintop Sanctuary** for inspiration and aspiration.*

***Training Camp** to augment capacities and garner tools for manifesting dreams. It's a platform for launching visions.*

***Community Lodge** of kindred men and the organizations that support their full potential and fulfillment.*

MALE MENTALITY

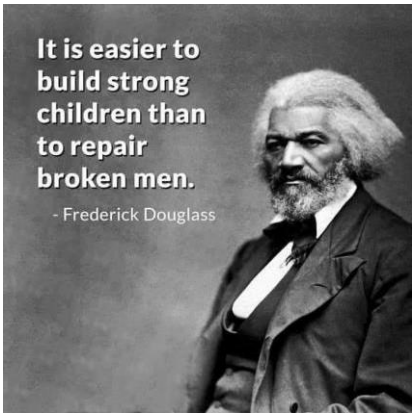
Updated 9/27/23

Draft Only

Igniting Change, Building Connection, Embracing Growth

Organizational Goals - Qualitative

Objectives - Quantitative



1. Create an inspiring vision for men and boys fulfillment and joy, well-being and full potential.

1.1 Draft Purpose/Mission/Vision, Values/Archetypes, Mentality Pos./ Neg., Org. Goals

1.2 Promote these as Vows, Pledges, Sponsorships, Participatory Campaigns

2. Design top transformation technologies and compile the best tools for men and boys growth.

2.1 Research/Vette/Integrate/Design engaging & effective experiences & training

2.2 Offer with alliances the best programs/services supporting men's highest aspirations

3. Build an online platform that meets men where they are and supports where they want to be.

3.1 Create a comprehensive website through phased expansion of features/functions.

3.2 Create presence on social media: Facebook, Instagram that feeds website

4. Develop programs, services and resources for men & boys expressing their highest aspirations.

4.1 Launch Coaching, Groups, Classes, Forums, Training, Specialty Mentoring Programs

4.2 Offer breadth and depth in Membership Services; Resources, Education...

5. Provide for men generating success in all their relationships and roles, domains and archetypes.

> **5.1** Build Indexed Resource Center, Library, Multi-media center

5.2 Vette organizations for referrals, build comprehensive service alliances

6. Engender men's connections and a community of brothers growing/creating together.

6.1 Design 'high touch' programs, community (chat) campfires, Vlogs

6.2 Utilize social media integrated into the Men's Mentality website, that augment belonging.

7. Facilitate men experiencing their life purpose, realizing their mission and manifesting their vision.

7.1 Create 'Life Architecture' service for men expressing their inner & outer life purpose' and actualizing their full-potential in all domains of their life.

7.2 Launch 'Living Legacy Services' facilitating men launch progressive enterprises and non-profit programs 'advancing the human spirit.'

8. 8upport men in mentoring, serving individually and making a difference collectively.

8.1 Create participation for men supporting men and all people in their network

8.2 Develop Mentoring Training for men to support others, Facilitate groups...

MALE MENTALITY

Updated 9/27/23

Draft

Our Values, Our Culture

Igniting Change, Building Connection, Embracing Growth



1 **Respect:** Respect for oneself and for others is fundamental. This includes respecting personal boundaries, consent, and treating others with kindness and dignity.

2 **Emotional Intelligence/Fitness:** Being in touch with one's own emotions and empathetic towards the emotions of others. It involves being able to express emotions in a healthy way and understanding the impact of one's actions on others.

3 **Self-Confidence:** Believing in oneself and one's abilities without the need to dominate or belittle others. Healthy self-confidence is based on self-acceptance and self-improvement.

4.**Responsibility:** Taking responsibility for one's actions, both positive and negative. This includes acknowledging mistakes and working to make amends when necessary.

5. **Communication:** Effective communication involves not only speaking but also listening actively. It means being able to express thoughts and feelings clearly while also being receptive to the thoughts and feelings of others.

6 **Empathy**: Understanding and sharing the feelings of others. Empathy fosters connection and helps build healthy relationships.

7 **Equality and Gender Equity**: Supporting gender equality and recognizing that individuals should not be limited by traditional gender roles or stereotypes. A positive mentality promotes fairness & inclusivity

8 **Vulnerability:** Being willing to show vulnerability and ask for help when needed. It's a sign of strength to acknowledge one's limitations and seek support.

9 **Resilience:** The ability to bounce back from setbacks and adversity with a positive outlook. Resilience helps individuals cope with challenges and maintain mental well-being.

10 **Self-Care:** Prioritizing self-care and well-being, both physical and mental. This includes activities like exercise, meditation, seeking therapy when needed, and maintaining a healthy work-life balance.

11 **Supportiveness:** Being supportive of friends, family, and partners in their goals and dreams. Positive mas>culinity encourages cooperation and mutual support in relationships.

12 **Positive Role Modeling:** Acting as a positive role model for others, especially for younger generations. This can involve demonstrating healthy relationships, respect for others, and emotional intelligence.

13 **Open-mindedness:** Being open to different perspectives, ideas, and experiences can lead to personal growth and a deeper understanding of the world

14 **Accountability:** Taking responsibility for one's actions and their consequences is a sign of maturity and integrity.

15 **Compassion:** Showing kindness and compassion toward others, especially those in need, is a virtue that can lead to a more empathetic and caring society.

16 **Adaptability:** Being able to adapt to changing circumstances and learn from challenges is a valuable trait that promotes resilience.

17 **Positive masculinity**: Recognizing that there are many ways to be a man and challenging harmful stereotypes and expectations about masculinity can lead to a more inclusive and accepting society.

19 **Supportive relationships**: Building and maintaining healthy friendships and romantic partnerships based on trust, respect, and mutual support is a key aspect of a positive male mentality.

20 **Personal growth:** Striving for continuous self-improvement and personal growth in various aspects of life, such as education, career, and hobbies, can lead to a fulfilling life.

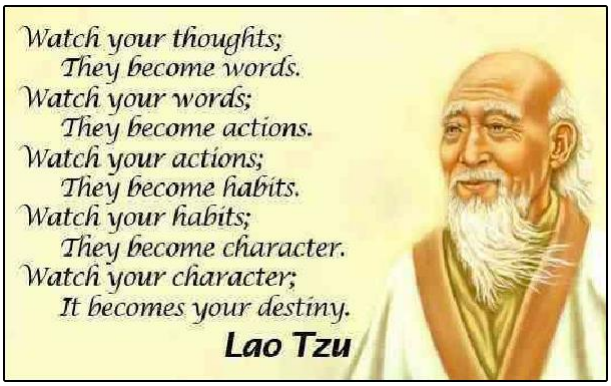
MALE MENTALITY

Updated 9/5/23

Draft Only

Our Vow

To Men & Boys, Members & Participants, the Community



At Male Mentality, we are committed to delivering unparalleled service and support to our valued clients. We understand that your trust in us is the cornerstone of our success, and we vow to uphold the following principles in every interaction and transaction:

1. Empathy and Respect: We pledge to approach every client interaction with empathy and respect, recognizing and valuing the diverse perspectives and needs of our clients.

2. Excellence and Innovation: We are dedicated to providing cutting-edge solutions and services that exceed your expectations. We continuously strive for excellence and remain at the forefront of industry trends.

3. Transparent Communication: We promise open and honest communication, ensuring you are informed every step of the way. We will provide clear explanations, answer your questions, and address any concerns promptly.

4. Tailored Solutions: Your unique needs and goals are our top priority. We will work closely with you to develop customized solutions that cater to your specific requirements.

5. Privacy and Security: Your confidentiality and data security are non-negotiable. We employ the highest standards of privacy protection to safeguard your information and maintain your trust.

6. Accountability and Integrity: We take full responsibility for our actions and decisions. Our team operates with unwavering integrity, adhering to the highest ethical standards in all our dealings.

>

7. Continuous Improvement: We commit to an ongoing process of self-assessment and improvement. Your feedback is invaluable, and we use it to refine our services and operations continually.

8. Timely Delivery: We understand the importance of your time. We promise to deliver our services and solutions promptly, meeting agreed-upon deadlines and milestones.

9. Exceptional Support: Our support doesn't end with a transaction; it's the beginning of a lasting partnership. We are available to assist you with any issues or inquiries long after our initial engagement.

10. Community Engagement: As a responsible organization, we vow to give back to our community and engage in philanthropic efforts that positively impact society.

By committing to these principles, we aspire to build enduring relationships with our clients, built on trust, mutual respect, and shared success. Your satisfaction and success are the ultimate measures of our performance.

Thank you for choosing Male Mentality as your partner in achieving your goals

MALE MENTALITY

Draft

Updated 9/24/23

Belonging & Building

Pledge

Dear Viewer, Prospective Member,



On the 'Organizational Values' & 'Vow" pages we commit to members 'best and highest' - it is our collective vow.

- The '**Member Pledge'** is your commitment to yourself to be your 'best and highest'. In the progression of *Be, - do – have* it is what we choose to Be – Wellness and Wellbeing, Balanced and Fulfilled, loving and compassionate, expressing our full potential in all our roles and responsibilities.

- It is your pledge to those you care about, work with and serve to aspire to Be what we shared in the 'Attributes and Archetypes' and 'Male Mentality – Positive Aspirations …'

- It is your pledge to make a positive difference in the world in all the domains of your life, profession, community, country – ever *Advancing the Human Spirit*

Please Electronically Sign and Date this Pledge.
We honor your commitments and deeply appreciate your Pledge. Welcome to Male Mentalities other Pledged brothers. -

Participate

To Participate in the Male Mentality Purpose and Mission, Goals and Vision for Men, Programs and Services -

☑ First, Please utilize all that's offered to support your aspirations and goals.
☑ Please explore with us your Life Purpose and its Mission/Vision, creating a Living Legacy for you, your family, your organization, while leading a life where the values of Belonging and Significance are Who you are.
☑ Next, Please contribute time and talent, resources and funds to support Male Mentality increase offerings and serve more men.
☑ Consider the Training Programs to be a Coach, Mentor, Group Facilitator, Specialty Mentor….
☑ Paying it forward through supporting others transformation is core to our Values and Mission. If called, please choose to be a Mentor through our Training Program, Online Classes and Facilitated Mentoring Groups. Mentorship is needed for young boys (and girls), young adults, people experiencing Passages in their life. Be it and serve.

Sponsor

Organizational Sponsor: Institutions, Corporations, Community Agencies…

➔ Organizations who wish to support the Mission of Male Mentality and its Vision for men can provide financial support and receive appreciation and recognition. It is also possible to provide pro bono staff support, gifts in kind.
➔ Organizations can provide Donor Advised Funding and help inaugurate or expand a Male Mentality Program or Service. or underwrite a project like the ReSource Center or Scholarship Support.
➔ You can explore a joint venture with us to found or fund a Male Mentality Specialty Program: Fathering, Grief Recovery, PTSD, Latinos, addiction-suicide prevention-anger management…
➔ Sponsor a Mentor training program for your organization.
➔ Utilize a Male Mentality allied organization's services to support your organization, like EQ for businesses.
…

Commit, Connect, Contribute