



**Do you ever wonder if this is all there is to life?
Even though you have achieved success do you feel dissatisfied or unfulfilled?
Do you feel that there is more to you than you show?**

WHAT'S MANHOOD ABOUT?

The Manhood program assists men to develop Emotional Intelligence Skills to improve their lives: feel better, release stress, anxiety, frustration, deepen relationships, take greater control, work more effectively and move forward in life... And help make the world a better place.

"Our emotions either get in the way of, or enhance our ability to think and plan, to pursue a goal, to solve problems. Therefore they define the limits of our capacity to use our mental abilities and determine how we do in life. And to the degree to which we are motivated by feelings of enthusiasm and pleasure in what we do - or even by an optimal level of anxiety - they propel us into accomplishment. It is in this sense that emotional intelligence is a master aptitude, a capacity that profoundly affects all other abilities, either facilitating or interfering with them." Daniel Goleman, Author 'Emotional Intelligence'

The 5 Steps on the Journey to Manhood

- 1. Gain Clarity:** Discover a deeper truer, stronger 'you': Understand what it means to be a man, who you are, what you stand for, what your purpose is, what's been blocking you from living fully and boldly as a proud man
- 2. Clear Your Emotional Blockages:** Release the burden of shame, guilt, resentment and destructive anger and fears and set yourself free to move forward in your life, strong and focused.
- 3. Open Your Heart:** As you clear your blockages you will connect in your heart and feel more peaceful, centred and alive and strengthen inner knowing for better decisions, timing, and intuition.
- 4. Congruence, Self Control:** Take charge of your life by staying 'true' to your heart: How to muster the courage to stay true to yourself and face difficult challenges: How to express yourself in healthy and productive ways: How to use your emotions to assist you in creating what you desire.
- 5. Commitment to living fully:** The skills you will develop empower you to be all you can be and live your life fully: Stay at your edge with the courage to grow: Respond to others in caring and honouring ways. Find your mission and live it. Being of service to make the world a better place.

REWARDS YOU WILL DISCOVER AT MANHOOD...

Inner strength, energy and passion: The ten steps every man must take to be fully alive.

Control: How to manage stress and anxiety and be more calm and patient.

Clarity and Motivation: Identify your purpose in life, your values and future direction.

Relationships: How to deepen or attract and keep meaningful and healthy relationships.

Mastery: Gain skills to transform anger and frustration into energy for success.

Freedom: Clear issues that are causing unhappiness and holding you back in your life.

Confidence: To live your life, regardless of what others think.

Better Health: Rejuvenation and restoration of body harmony.

Healing: Experience profound healing of long standing issues.

Reflection: Time-out to connect with yourself and get some perspective in your life.

Sharing a weekend in the company of men who are willing to be real and supportive.

WHO SHOULD PARTICIPATE?

Any man who wants to make the most of his life and who has to has the courage to look at himself honestly, evolve and to grow. You probably know you are not going to find satisfaction from the things outside you. Success, happiness and contentment are the result of a positive attitude to life. If you are a man who would like to learn some Emotional Intelligence Skills to help you to be at your best, even when life is at it's most challenging, then Manhood is for you.

Comments from Manhood participants

"I was a bit apprehensive about coming at first but in the end I am very glad I did."
Tim Brown, Farmer, Natimuk.

"I had the time of my life."
Michael Ryan, Mayor, City of Horsham.

"I feel truly honoured."
Brad Hooper, Architect, Melbourne."

I Robbie Morgan, whom despised and detested the idea of a 'Men's Group' am writing this after two days my mind and attitude have totally changed 100%. Never before have had I felt so comfortable around a group of men, nor felt so at ease... I strongly recommend this weekend from one who was so dubious and sceptical."
Robert Morgan, Unemployed, Stawell.

"This course has been more revelling than anything I have ever done. The right track has been pointed out to me." Ron Penrose, Farmer, Conniwerrico

THE PROGRAM:

Topics covered during the seminar include:
Gender Differences
Issues men face today
Relaxation and stress management
Techniques
Self Awareness Skills
Communication Skills
Time out to Reflect on your Life
Emotional Intelligence Skills
Clarifying your Purpose in Life

Nicholas de Castella

Nicholas has over twenty years experience assisting people to find success and happiness. He is the author of 'Keys to Emotional Mastery' and the Founder of the Institute of Heart Intelligence. He has facilitated seminars around Australia, in New Zealand, USA, Canada, South Africa and England.

In his youth he represented Australia at four World Championships in long distance running. He has a bachelor of Architecture. In 1992, after working as an architect for six years he made a major career change, following his heart, to work full time in personal development. Today he life coaches individuals and couples, facilitates Passionately Alive, Manhood and Relationship Seminars and trains Breathwork Practitioners.

FRANKLY the program IS NOT for everyone. Not everyone is ready to change. Not everyone has an open mind to admit that they don't know everything, TRY SOMETHING NEW and learn. If you seriously want to be more at ease and live with more balance, more heart, more connection, to grow and make the most of your life ... don't you think you owe it to yourself, your future, your family and friends, your wife or girlfriend to AT- LEAST give it a go? Remember: Nothing changes if nothing changes.

If you're ready to move forward in your life: Reserve your place today!

DON'T LIVE A HALF LIVED LIFE! TAKE ACTION NOW!

Manhood Registration

17-20 September: Thursday 7.00pm to Sunday 5.00pm at 'Hazeldell' in the Dandenong Ranges Foothills Melbourne.

Fees: \$2,470 / \$1,970 Early bird if paid 2 weeks before. (Fees include: GST, tuition, manual, meals & accommodation)

Name Phone (H).....
Address P'code.....
Email Address (W).....
Paying by (Tick One): Cheque__ Mastercard__ Visa__ Other__
Credit Card No. _____ . _____ . _____ Expiry Date.....
Name on Card Signed

"Thank you Nicholas, not only did you add years to my life, you have taught me how to enjoy it. Since I have learned to speak my truth and live it, my blood pressure has returned to normal, that is, after 35 years!"

Robert Webb, Manager, Pomonal.

"The manhood weekend was a blast for me. I learned to accept myself as a man and to let go of my opinions about the needs of others."
Ghandi Mandel, Therapist Neerim.

Nicholas has the power to help every man present, including myself, to find and declare who we really want to be. Ho!"

Barry Auchettel, Therapist, Ballarat

"Six months after the men's weekend I am much stronger, it was a great healing time for me. I have been able to make decisions now and live with them, knowing that I have faith in myself. I have the courage to believe in myself as a man." Rex Jessen, Retired, Bayswater.

Anger Management Skills
Completing and Releasing the Past
Sexuality Presentation
Clarifying your Values in Life
Self Assertion Exercise
Self Acceptance Exercise
Self Empowerment Exercise
Clarifying your Direction in Life
Honouring Ceremony
Closing Circle - Conclusion

Institute of Heart Intelligence

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